



USA Swimming Southern Zone Meeting

September 28, 2024

Denver Marriott Tech Center

Denver, Colorado

Zone Directors:

Melissa Hellervik-Bing - Non-Coach

Bruno Darzi - Coach

Zone Secretary/Treasurer - Herb Schwab

Zone Age Group Chair - Jonathan Watson

Zone Senior Chair - Matt Webber

Zone Open Water Chair - Nick Graves

Zone Officials Coordinator - Allan Golding/John Fox

Zone Senior Athlete Director - Megan Braman

Zone Junior Athlete Representative - Nicole Caruso

Call to order by Bruno Darzi, Zone Director, on Saturday, September 28, 2024, at 10:07 a.m. Mountain Time.

Roll Call - Herb Schwab

14 LSCs in attendance in person, 1 LSC in attendance remotely.

Moment of Silence for all Zone Members who have passed away during this past year.

Agenda distributed and approved

The Agenda, Minutes, and all of the Attachments were posted on the Southern Zone website, and notifications were emailed to all of the LSCs. Each LSC was also asked to forward the electronic files to their delegates. The agenda was approved.

Approval of 2023 Meeting Minutes

Motion was made and seconded to approve the minutes of the 2023 Annual meeting. Motion carried.

Bruno Darzi, Coach Zone Director

Bruno reported on the activities of the Zone Directors during the past year. Bruno delivered Melissa's report (see attached).

Melissa Hellervik-Bing, Non-Coach Zone Director

Melissa was unable to attend the Annual Business Meeting during to Hurricane Helene, but was able to join the meeting remotely.

Herb Schwab, Secretary/Treasurer

Herb reported that the Zone has a balance of \$23,670.64 with some additional funds from the championship meet surcharges to be deposited soon. The 2025 Proposed Budget was approved. See the attached Financial Report and Proposed Budget.

Jonathan Watson, Zone Age Group Chair

Jonathan Watson reported on the Zone Age Group Championships. Jonathan's report is attached.

A Motion was made and seconded to make the 11-12 and 13-14 400 Freestyle a timed final event and the 13-14 400 Individual Medley a timed final event. The motion passed.

Matt Webber, Zone Senior Chair

Matt Webber reported on the Zone Senior Championships. Matt's report is attached.

Nick Graves, Zone Open Water Chair

Nick Graves reported on the Zone Open Water Championships. Nick's report is attached.

Megan Braman/Nicole Caruso, Athletes

Nicole Caruso reported on the Athlete Summit held in June in Louisville, KY. Nicole's report is attached.

2024 Southern Zone Athlete Summit

Melissa presented the financial report for the 2024 Athlete Summit. The Summit was under budget (see the attached Summit Financial Report.) Melissa suggested that we use the “per athlete” cost to determine the Zone’s budget for future Athlete Summits.

Melissa presented the attached proposal to host an Athlete Summit in the even-numbered years. The following Motion to add the Athlete Summit to the Zone Administrative Policies was made and seconded:

Part 5 - SZ Athletes Committee

Section 1- Purpose and Goals

1. Immediate Goals

- D. Coordinate and host an Athlete Summit in every even-numbered year for the purpose of educating LSC athlete representatives in the Southern Zone.*

The Motion passed.

Terry Jones/Dana Skelton, Zone Advisors

Terry and Dana reported on their activities during the past year.

Explanation of Voting Procedures

Nicole and Bruno explained the voting procedures that the Zone will be using this year. Nicole will email a link to a Google Docs form, and each voting delegate will be able to submit their votes electronically.

New Business

There was no business to consider.

Elections

Zone Director – Non-Coach: Melissa Hellervik-Bing (FL)
No other candidates were nominated.

A Motion was made and seconded to elect Melissa Hellervik-Bing by acclamation. Motion carried.

Zone Secretary/Treasurer: Herb Schwab (GU)
No other candidates were nominated.

A Motion was made and seconded to elect Herb Schwab by acclamation. Motion carried.

Zone Age Group Chair: Jonathan Watson (NC)
No other candidates were nominated.

A Motion was made and seconded to elect Jonathan Watson by acclamation. Motion carried.

2026 Southern Zone Age Group Championships Dates and Site Nominations/Presentations

The dates for the 2026 Southern Zone Age Group Championships are July 29 – August 1, 2026.

One bid for the 2026 Southern Zone Age Group Championships was received from:

Rosen Aquatic Center Orlando, FL (FL)

Since no other bids were submitted, the 2026 Southern Zone Age Group Championships were awarded to Orlando.

2026 Southern Zone Senior Championships Dates and Site Nominations/Presentations

The dates for the 2026 Southern Zone Senior Championships are July 29 – August 1, 2026.

Two bids for the 2026 Southern Zone Senior Championships were received from:

City of Midland Swim Team	Midland, TX (WT)
Club Mountaineers Aquatics	Morgantown, WV (WV)

West Virginia was selected using the electronic ballot process.

2026 Southern Zone Open Water Championships Dates and Site Nominations/Presentations

GCST, Ft. Myers Beach, FL will host the 2025 Open Water Championships on April 25-27, 2025.

One bid for the 2026 Southern Zone Open Water Championships was received from Gulf Swimming. Since no other bids were submitted, the Zone Open Water Championships were awarded to Gulf Swimming. The Championships will be held at Lake Longhorn, with the dates to be determined later.

Appointments

Martha Chiwanza was appointed as the Zone DEI Assistant Coordinator. Ruth-Ann Bode (KY) was appointed as the Zone Sanction Appeal Panel Coordinator.

Speedo Championship Series

Sites and dates for the Sectional Meets are:

Eastern Sectionals

March 6-9, 2025	TAC Titans – Cary, NC (NC)
July 10-13, 2025	TBD

Southern Sectionals

February 13-16, 2025	Plantation, FL (FL)
June 26-29, 2025	TBD

Western Sectionals

March 6-9, 2025	Northwest ISD - Justin, TX (NT)
July 10-13, 2025	Longhorn Aquatics – Austin, TX (ST)

USA Swimming Board of Directors Candidates

Joe Crowley, candidate for the USA Swimming Board of Directors, introduced himself to the Delegates.

Motion to Adjourn was made and seconded at 11:14 a.m. Mountain Time. Motion carried.

Respectfully submitted,



Herb Schwab
Secretary/Treasurer
Southern Zone

This a recap of some of the changes we put in place and what you can expect in the next 12 months:

Utilize the Website More – Thank you to **Don Henshaw** for the re-design, posting and updating of the website

- The top of the home page focuses on latest news, including this Annual Meeting with all the reports and bids. Also placed in that position were the:
 - Podium pictures for all the Top Three winners at the SZ Age Group meet – Thank you **Amy Faulk** for taking the pics and designing a special frame around the pics to highlight those winners
 - Pictures from the Athlete Summit in Louisville
- All news, emails from me and Bruno, updates get posted in this position
- We will be utilizing that space for SZ AG and SR results during the meets and links to the host website

Will be utilizing more electronic forms, in some cases that connect to a spreadsheet:

- Bruno created all the meet surveys (Age Group and Seniors), as well as the Athlete Summit survey
 - Streamlined responses into a spreadsheet
 - Allowed meet specific questions, and new ones (400 IM/Frees as Timed Finals for AG, entry deadline for the Senior meet can be earlier)
 - Emailed to all participants and used QR codes around the facilities
- Championship meet bids – second year they are electronically fillable
- Next year, SZAG forms for LSC chaperones/coach info will be electronic, along with the Disability Entries so that they connect and upload to the Meet Manager Entry file.

LSC CONSIDERATIONS for the Zone to Implement/Facilitate this Upcoming Year:

SZAG proposal for timed finals in the 400s, but Big Concern is the selection process used by other LSCs and when that selection occurs – ZOOM on that, and Jonathan Watson will communicate the timing of that Zoom.

SZSR is currently scheduled the last weekend of July. Is that the best timing? Should it be moved? That's in Matt Webber's ballpark – contact him with ideas. He may choose to schedule a Senior Chair meeting.

Sr. Zone Proposal from Bruno and me: the Zone Senior meet should be under the purview of the Zone hosting it. That will allow the Southern Zone to make changes to the meet to the benefit of the athletes in the Zone without having to abide by stipulations in the rule book.

Athlete Summit at the University of Louisville: Learned a lot!

- Zones have no legal standing but are arms of USA Swimming. However, USA Swimming could not get involved in any contractual or financial obligation that needed to be made because a Zone is not USA Swimming!
- Kentucky Swimming stepped in and provided the standing we needed. **BIG THANK YOU** to:
 - **Ruth-Ann Bode** – who did all the site visits and made connections for the Summit to happen
 - **Maureen McDonald** – who signed all the documents and sent the checks
 - **Helen Glish** – our Louisville person who helped with Everything during the weekend of the Summit

- **Joe Phillips, David Barnes and Ray Stoess** -- the General Chair and legal experts who helped us with the waivers, codes of conduct and other legal forms that were valid in Kentucky.

Inclusion of SWADs at LSC Championships and Sectionals:

The Southern Zone is the leading Zone to include Swimmers with a Disability in LSC Championships and Sectional meets. However, we still have a long way to go for universal participation. Here are the steps to take and all this information can be found on the [Disability page of SZ website:](#)

1. Update the meet announcements to include the wording drafted in the “Inclusion” document
2. Update the meet announcements to include the Parallel Time Standards for the Swimmers with a Disability. The SWADs must have achieved the qualifying times to submit and entry
3. Include the Meet Accommodation forms for Athletes and Non-Athletes. Those completed forms must be sent to the Meet Referee and Meet Director

Respectfully submitted,
Melissa

Location: Page 74 – **205.7 ZONE SENIOR PROGRAM**

Proposed by: Southern Zone

Purpose: To clarify that each Zone may govern their Senior Zone Championship meet as they wish, including setting the qualifying and eligibility standards and participation requirements.

Recommendation: *The Rules & Regulations Committee recommends _____.*

Effective Date: January 1, 2025

205.7 ZONE SENIOR PROGRAM – Each Zone may offer at least one Zone Senior Championship meet, recommended to be long course if only one is conducted. The competition will be governed by the Zone.

~~.1 The competition will be governed by the Zone.~~

~~.2 The competition is for swimmers who meet the qualifying and eligibility standards set by the Zone.~~

~~.3 Swimmers at this meet will represent their clubs, swim unattached, or represent their LSC in an all-star format.~~

~~.4 Eligibility: Participation in the Zone Senior Championship meet shall be restricted to registered swimmers of that Zone.~~

2023 USA Swimming Rules

205.6 ZONE AGE GROUP PROGRAM — Each zone must conduct at least one Zone Age Group Championship meet, recommended to be long course if only one is conducted.

- .1 The meet shall be restricted to age group competition.
- .2 Those events in 102.1.2 are recommended for use for zone meets. Each zone shall select their events from the list of events in 102.1.2. A zone, at its option, may open its oldest age group at any competition to Post Age Group swimmers, or may include events specifically for those swimmers.
- .3 Time standards or entry requirements shall be set for each zone meet in accordance with the needs of the swimmers of that zone by the zone committee.
- .4 **Eligibility:** Participation in the zone championship meets shall be restricted to registered swimmers of that zone.
- .5 **Awards:** Shall be provided at least 1st through 8th place, and any other as designated by the national sponsor if any.

205.7 ZONE SENIOR PROGRAM — Each zone may offer one Zone Senior Championship meet at the end of every summer, to be held either during the week of the National Championships or the week of the Junior National Championships. The competition will be governed by the zone.

- .1 The competition is for swimmers fifteen (15) years and older as of the first day of the meet.
 - .2 Swimmers at this meet will represent their clubs or swim unattached.
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2024 USA Swimming Rules

205.6 ZONE AGE GROUP PROGRAM — Each zone must conduct at least one Zone Age Group Championship meet, recommended to be long course if only one is conducted.

- .1 The meet shall be restricted to age group competition.
- .2 Those events in 102.1.2 are recommended for use for zone meets. Each zone shall select their events from the list of events in 102.1.2. A zone, at its option, may open its oldest age group at any competition to Post Age Group swimmers, or may include events specifically for those swimmers.
- .3 Time standards or entry requirements shall be set for each zone meet in accordance with the needs of the swimmers of that zone by the zone committee.
- .4 **Eligibility:** Participation in the zone championship meets shall be restricted to registered swimmers of that zone.
- .5 **Awards:** Shall be provided at least 1st through 8th place, and any other as designated by the national sponsor if any.

205.7 ZONE SENIOR PROGRAM — Each Zone may offer at least one Zone Senior Championship meet, recommended to be long course if only one is conducted.

- .1 The competition will be governed by the Zone.
- .2 The competition is for swimmers who meet the qualifying and eligibility standards set by the Zone.
- .3 Swimmers at this meet will represent their clubs, swim unattached, or represent their LSC in an all-star format.
- .4 **Eligibility:** Participation in the Zone Senior Championship meet shall be restricted to registered swimmers of that Zone.

The Southern Zone Directors are reaching out to the ZDC members to support a USA Swimming Rules change to the Zone Senior Program 205.7.

In September 2023 the USAS HOD passed legislation that put certain stipulations in place governing the Zone Senior meets. Now, as we approach drafting meet announcements for this summer's Zone Sr. meets, we are recognizing that the Eligibility standard is too limiting. Rule 205.7.4 requires "Eligibility: Participation in the Zone Senior Championship meet shall be restricted to registered swimmers of that Zone."

The Central Zone does not currently host a Senior Zone meet. The Southern and Eastern Zones do host one, but the SZ rarely has more than 250-300 swimmers. This year the SZ was granted a waiver to allow out-of-Zone swimmers because the host bid on the meet one year before the new rule was put in place. Several CZ teams have expressed interest in attending the SZ meet in West Virginia.

Under the attached proposal Zones would have the authority to set requirements for their Sr. Zone meet, which would need to be published in the Zone's Administrative Policies. Also attached is the Sr. Zone Contract Agreement that all Zones receive should there be information in this contract that helps Zones draft Sr. meet requirements.

Southern Zone
Financial Report
September 2024

Previous Balance as of 9/2023		\$21,290.52
Interest for Year 2023	\$39.66	
Annual Membership Dues - Year 2024	\$8,627.90	
Athlete Summit	\$11,241.39	
Age Group Championships Senior Zone Meet		
Total Income		\$19,908.95
Zoom License & Options	\$223.76	
Postage	\$9.85	
2024 Athlete Summit - Speaker	\$4,350.77	
2024 Athlete Summit - Travel	\$2,275.46	
2024 Athlete Summit - Apparel	\$1,921.36	
2024 Athlete Summit - University of Louisville	\$13,952.20	
Total Expenses		\$22,733.40
General Fund Balance as of 9/2024		\$18,466.07
Diversity, Equity & Inclusion Funds		\$5,204.57
Total Balance of Southern Zone Funds		\$23,670.64



Southern Zone Proposed Budget 2025			
		Annual Budget	Actual YTD
Income			
	Interest	40	-
	Annual Membership Dues - Year 2024	8,600	
	Championship Meet Surcharges	4,375	-
			-
Total Income		13,015	-
Expenditures			
	Postage	30	-
	Videoconferencing License	225	-
	Zone Workshop Travel	4,000	-
	Athlete Summit (<i>None scheduled for 2025</i>)	-	-
Total Expenses		4,255	-
Total Operating Income (Deficit)		8,760	-





Southern Zone Age Group Chairman's Report

Saturday, September 28, 2024

Denver, Colorado

ABM Meeting

I. 2024 SZ Age Group Championship – Host: COM Aquatics; Midland, Texas – July 24-28, 2024

- See 2024 Participant Survey Results – new format still judged positively
- Proposed Legislation – to make the 11-12 and 13-14 400m Free timed final events and the 13-14 400m IM a timed final event.

c. 2024 Meet Stats

The 2024 SZ AG Championship had 13 LSCs represented. Kentucky and Gulf did not send athletes in 2024. A total of 472 athletes attended.

Although no financial report was received, the following income items were reported:

Entry fees & surcharges	\$62,140.00*	includes \$2,360 SZ surcharge
Ticket sales, T-Shirt Sales	\$9,000.00	
Merchandise Sales	\$7,000.00	
No Heat Sheet or Concessions	\$0	
Approximate Gross Income	78,140.00	
*SZ surcharge is \$5/athlete		

d. Entry fees by LSC:

LSC	RELAYS	ATHLETES	ENTRIES	TOTAL
Border	25	26	162	\$3,620.00
Florida Gold Cst	19	25	151	\$3,380.00
Florida	36	48	277	\$6,278.00
Louisiana	32	40	229	\$5,155.00
Mississippi	10	14	74	\$1,730.00
North Carolina	36	51	320	\$6,810.00
North Texas	20	30	156	\$3,640.00
South Carolina	36	47	283	\$6,360.00
South Texas	36	48	290	\$6,375.00
Southeastern	36	45	226	\$5,445.00
Georgia	36	37	231	\$5,160.00
West Texas	28	34	197	\$4,535.00
West Virginia	21	27	162	\$3,660.00
TOTALS	371	472	2758	\$62,140.00

e. Final Team Scores'

PLACE	LSC	FINAL TEAM SCORE
1	NORTH CAROLINA	3861
2	FLORIDA	3805
3	GEORGIA	2435.5
4	SOUTH TEXAS	1959.5
5	SOUTHEASTERN	1720
6	FLORIDA GOLD CST	1339
7	NORTH TEXAS	1276
8	SOUTH CAROLINA	1243
9	LOUISIANA	1063
10	WEST TEXAS	355
11	MISSISSIPPI	250.5
12	BORDER	204
13	WEST VIRGINIA	56

f. High Point Winners

- a. 11-12 Girls – Finola Whelehan – NC – 131 POINTS
- b. 11-12 Boys – Jesse Cyrus – NC – 141 POINTS
- c. 13-14 Girls – Gia Amores – FGC – 128 POINTS
- d. 13-14 Boys – Parker Van Olst – NC – 136 POINTS

g. Meet Records

- a. There was a single Meet Record set in 2024 by **Jia Amores (Florida Gold Coast)** in the 13-14 Girls 100m Butterfly. Jia's time of 1:01.89 broke the former record from 2009 (1:02.45) set by Nicole Stafford of Georgia.
- h. The 200 Mixed Relays swum on Saturday evening during finals will be a Freestyle relay In 2025 and alternate annually thereafter with the 200 Mixed Free relay being swum in Odd-numbered years and the 200 Mixed Medley relay swum in even-numbered years.
- i. Awards presentation – now announcing just TOP-3 finishers in finals. There will be Awards given out mid-way through finals and at the end, so a shorter break will occur at Approximately the halfway point in evening finals (Thursday-Saturday).

II. Athlete Olympic Watch Party in June 2024

- a. I served as a chaperone with the NCS delegation at this year's event. I felt the entire Program was highly educational for those who could attend as well as helpful and inspiring to our athlete participants. I highly support the continuation of this event on whatever schedule that can be maintained. I agree that the venues that can include a college campus are great for athletes who may wish to visit academic institutions. The planners of the 2024' event did a great job on a very short planning timeline. Thank you to all involved.

III. SZ Age Group Championship Step-By-Step Host Document

A step-by-step guide for Meet Hosts is planned for launching before next Fall 2025. The guide would provide guidance to meet hosts on what to do and a timeline to get the various tasks completed. The 2025 Meet Hosts will receive the Guide, so that all of the planning elements for the Championship can be completed on time. Included will be the pre-meet admin tasks, officials Sign-up deadlines, participating team requirements for entry submission, specific warm-up Lanes/times, timing requirements, host team requirements vs optional tasks and more.

IV. Bidding For Future SZAG Championship Meets

With the changes made to the entry fees for this meet, this meet now offers host clubs/LSCs the opportunity to reap more income than ever when hosting this event. As such the Southern Zone has been reaching out to better venue directors to make this known. Please reach out to Meet venues that you think could benefit by hosting this swim meet during the last week of July and Have them reach out to one of our Zone Directors to bid for the meet. The application is Posted on the Southern Zone website -- [Southern Zone Swimming Home \(gomotionapp.com\)](http://gomotionapp.com).

Respectfully submitted,
Jonathan Watson
09-28-2024



2024 SOUTHERN ZONE SURVEY-AG CHAMPIONSHIP

I. SURVEY RESPONDENTS (N=55)

LSC's	Coaches	Swimmers	Officials	Parent/Chaperones/ Volunteers	Total #
Border	4	3		11	18
Florida		12	1		13
Florida Gold Coast	4	6		3	13
Georgia	1		1		2
Gulf					0
Kentucky	1				1
Louisiana					0
Mississippi	2				2
North Carolina	1				1
North Texas	1				1
Southeastern	1				1
South Carolina					0
South Texas	1				1
West Texas			1		1
West Virginia			1		1
Totals	16 (29%)	21 (38%)	4 (7%)	14 (26%)	55

II. WHEN DOES YOUR LSC SELECT IT's ZONE TEAM?

LSC's	
Border	In the Spring after Short Course season
Florida	May after FLAGS
Florida Gold Coast	June
Georgia	After LC AG Championships
Gulf	N/A
Kentucky	Typically in June; this year chose in April
Louisiana	No response (NR)
Mississippi	During LC season
North Carolina	After LC AG Championships
North Texas	After LC AG Championship
Southeastern	After LC AG Championships
South Carolina	No response (NR)
South Texas	June
West Texas	At least 6 weeks prior to Zone Meet
West Virginia	After Short Course AG Champs in March

III. If the SZ Championship meet was held the first week of August, would your LSC be able to field a team? Please explain.

LSC	YES	NO	MAYBE	EXPLAIN
Border	2	8	8	School starts
Florida	4	3	6	School starts 2 nd wk of Aug; interrupts vacations
Florida Gold Coast	7	4	2	School starts; gives more time to get ready
Georgia	1		1	Some schools start; interrupts vacations
Gulf				N/A
Kentucky	1			Could be done but affects some athletes
Louisiana				NR
Mississippi	1		1	Current time works well; schools go back in Aug
North Carolina	1			It would be possible, not preferable
North Texas			1	Staffing would be difficult; schools start Aug
Southeastern		1		Schools start by early Aug
South Carolina				NR
South Texas			1	Last week of July is best; TAGS could be an issue
West Texas	1			School has not started; it could work
West Virginia	1			Schools start around Aug 20th
Totals	17	16	19	

IV. WE HAVE HEARD THAT SOME LSC's WOULD LIKE THE ENTRY DEADLINE FOR THE SZAG CHAMPIONSHIP MEET TO BE EARLIER THAN THE DAY BEFORE THE MEET. (Pro-more time to consolidate travel plans; Con-Difficult to get needed feedback from athlete's home coaches with reduced time)

LSC	Keep Entry Deadline As Is	Move Entry Deadline Earlier	Don't Get/Doesn't Apply	Explanation
Border	1	10	7	Allows a timeline to be distributed sooner for planning
Florida	1	3	9	Getting a timeline earlier would be helpful
Florida Gold Coast	1	10	2	Allows a few extra days of planning
Georgia		1	1	A few extra days to get disability information would help
Gulf				
Kentucky		1		
Louisiana				
Mississippi		1	1	
North Carolina	1			Allows max time to get entry correct
North Texas		1		
Southeastern		1		Depends on the timing of LSC Championship selection
South Carolina				
South Texas		1		
West Texas	1			
West Virginia		1		
Totals	5	30	20	

V. DO YOU LIKE THE FORMAT OF THIS MEET? If not, please explain.

LSC	YES	NO	EXPLAIN
Border	14	4	3 ½ days is grueling; maybe an all-relay day
Florida	13		Make 400 Free and 400 IM timed finals
Florida Gold Coast	11	2	Not a fan of 3 warm-ups; sessions long; separate 400 IM & Breaststroke events
Georgia		2	Make meet timed finals; same events for both age groups each day
Gulf			
Kentucky	1		
Louisiana			
Mississippi	1	1	Too long at times; did not allow enough rest at others
North Carolina	1		
North Texas	1		
Southeastern	1		
South Carolina			
South Texas	1		
West Texas		1	Officials could have been more organized; objectives not clearly communicated
West Virginia	1		

VI. PLEASE EVALUATE EACH OF THE FOLLOWING ITEMS IN A 5-POINT SCALE:

Administrative Items	EXCEPTIONAL	GREAT	GOOD	FAIR	POOR	N/A
Pre-Meet Information	4	18	21	7	4	1
Packets	5	13	19	3	2	13
Hotels	5	20	18	5	2	5
Restaurants	3	16	23	4	2	7
Map/Directions	3	14	22	1	1	14
Transportation (cost/conv)	7	16	18	3	1	10
Airlines (if applicable)	3	6	14	4	2	25
Car Rental Availability	3	3	7	2	2	38
Planning for climate change	1	8	15	8	1	22
Facility Items	EXCEPTIONAL	GREAT	GOOD	FAIR	POOR	N/A
Parking	2	14	27	11	2	0
Registration	2	13	24	4	0	12
Restrooms/Dressing	2	9	27	7	10	0
Swimmer Rest Areas	4	2	23	12	11	3
PA System	4	9	29	7	2	4
Spectator Area	5	14	23	6	0	7
Warm-up/Warm-down	2	8	12	17	12	4
Pace Clocks	3	9	22	3	7	11
Scoreboard/Timing System	8	14	21	8	1	3
Lighting	9	18	22	4	0	2
Ventilation/Air Quality	1	3	5	11	34	1
Water Conditions	2	15	14	11	10	3
Starting System	3	12	26	8	2	3
Deck Space/Deck Set-up	2	6	14	17	12	4
Meet Personnel	EXCEPTIONAL	GREAT	GOOD	FAIR	POOR	N/A
Meet Referee	8	14	21	2	3	7
Admin Referee	7	13	22	2	1	10
Deck Referee (s)	8	17	27	3	0	0
Starter	4	18	26	7	0	0
Announcer	8	19	20	4	3	0
Chief Judge(s)	4	18	30	2	0	0
Stroke & Turn Judges	5	20	28	1	0	0
Relay Take-Off Judges	5	17	30	2	0	0
Clerk of Course	4	17	29	4	0	0
Meet Director	7	18	25	3	1	0
Meet Admin	5	15	30	4	0	0
Hospitality	9	18	19	8	1	0
Awards/Ceremony	6	11	23	10	5	0
Safety Procedures	3	12	21	14	5	0
Meet Evaluation	EXCEPTIONAL	GREAT	GOOD	FAIR	POOR	N/A
Overall Success	4	19	23	6	2	0
New Meet Format	3	11	26	13	1	0

VII. OTHER COMMENTS:

- Issues with the chloramines in warm-up pools and competitive pool
- Team social should have been more organized—food ran out and no beverages were supplied
- Air temperature in the competition pool was too warm
- A Great Overall Experience
- Deck space for team areas was very small
- Inappropriate use of energy drinks by staff noticed
- Absence of backstroke ledges for the 11-12 50m Back
- The air was toxic. I had trouble breathing and was coughing while swimming
- As an official, not having room to walk to judge strokes seemed odd for a championship meet
- The starting system needs a volume increase. Too many times we had swimmers unable to hear the starter.
- There was only one bleacher per team which seemed pretty cramped considering we had 60 people.
- Overall it was a very exciting meet.
- More vendors should be present to sell items needed.
- Excellent meet from a parent's point of view
- There were no fans to remove any of the bad air from the facility and ventilation did not appear to be working

SURVEY REPORT SUMMARY

08-25-2024



Southern Zone Senior Chair Report
Matt Webber
September 13th, 2024

- I. Southern Zone Senior Championship Meet: Morgantown, WV
 - A. 403 Athletes in Attendance
 - 1. 100 Athlete increase from last year
 - B. 45 Clubs present
 - C. 12 different LSC's represented
 - D. Team Scores
 - 1. Women
 - a. Lakeside (KY) 858
 - b. University of Pittsburgh (AM) 512
 - c. First Colony (GU) 472
 - 2. Men
 - a. Dads Club (GU) 831
 - b. First Colony (GU) 718
 - c. University of Pittsburgh (AM) 703
 - 3. Combined
 - a. Lakeside (KY) 1333
 - b. University of Pittsburgh (AM) 1215
 - c. First Colony (GU) 1190
 - E. Timelines
 - 1. Wednesday Prelims 9:00-12:25
 - 2. Wednesday Distance 12:25-1:41
 - 3. Wednesday Finals 5:30-7:56
 - 4. Thursday Prelims 9:00-12:30
 - 5. Thursday Finals 5:30-7:32
 - 6. Friday Prelims 9:00-12:38
 - 7. Friday Finals 5:30-7:33
 - 8. Saturday Prelims 9:00-10:45
 - 9. Saturday Distance 10:45-12:06
 - 10. Saturday Finals 5:30-7:25

II. Southern Zone Virtual Club Championship Standings for Long Course 2023-2024

NAT'L RANK	VCC TEAM SCORE	CLUB NAME	LSC	CITY
1	282790	SwimMAC Carolina	NC	Charlotte Flower Mound
7	260122	Lakeside Aquatic Club	NT	
8	256347	TAC Titans	NC	Cary
10	251376	Bolles School Sharks	FL	Jacksonville
12	250261	SwimAtlanta	GA	Lawrenceville
14	247851	Sarasota Sharks	FL	Sarasota
15	246109	Lakeside Swim Team	KY	Louisville
18	242409	Nitro Swimming	ST	Bee Cave
19	240225	Alamo Area Aquatic Association	ST	San Antonio
21	238991	Dynamo Swim Club	GA	Atlanta
23	234072	North Carolina Aquatic Club	NC	Chapel Hill
25	232746	Marlins Of Raleigh	NC	Raleigh
32	222931	Mecklenburg Swim Association	NC	Charlotte
40	215116	First Colony Swim Team, Inc.	GU	Missouri City
43	211008	Texas Ford Aquatics	NT	Frisco
47	209034	Dads Club Swim Team	GU	Houston
49	206965	Chattahoochee Gold Swim Club	GA	Woodstock
51	206541	Katy Aquatic Team For Youth	GU	Katy
52	206371	Y-Spartaquatics Swim Club	SC	Duncan
53	203282	Crawfish Aquatics	LA	Baton Rouge

III. Southern Zone Virtual Club Championship Standings for Short Course 2023-2024

NAT'L RANK	VCC TEAM SCORE	CLUB NAME	LSC	CITY
1	283885	SwimMAC Carolina	NC	Charlotte
3	276293	TAC Titans	NC	Cary Flower Mound
6	267937	Lakeside Aquatic Club	NT	Mound
9	259339	SwimAtlanta	GA	Lawrenceville
10	256822	Lakeside Swim Team	KY	Louisville
11	254307	Bolles School Sharks	FL	Jacksonville
16	249182	Nitro Swimming	ST	Bee Cave
17	248023	Dynamo Swim Club	GA	Atlanta
21	242326	Sarasota Sharks	FL	Sarasota
22	241688	Marlins of Raleigh	NC	Raleigh
26	236755	Alamo Area Aquatic Association	ST	San Antonio
30	234888	North Carolina Aquatic Club	NC	Chapel Hill
35	230836	Mecklenburg Swim Association	NC	Charlotte
48	217943	Chattahoochee Gold Swim Club	GA	Woodstock
50	217614	First Colony Swim Team, Inc.	GU	Missouri City
55	216109	Excel Aquatics	SE	Brentwood
58	214918	Katy Aquatic Team for Youth	GU	Katy
60	214710	Dads Club Swim Team	GU	Houston
62	214545	Texas Ford Aquatics	NT	Frisco
65	213036	Team Greenville	SC	Greenville

IV. Senior Zone 2025 Tupelo, MS (July 30-August 2, 2025)

Southern Zone Open Water Report 2024

This year's zone event was hosted in Lucas, Ky at Barren River State Park and Resort by the Swimchester Sailfish. 5 days before the event heavy rain caused flooding in the area resulting in the original venue being 14 feet under water. The host Kevin Ryan was able to pull off a miracle and find another venue in the same park and pull off the event. While the spectator experience was less than perfect the athlete experience and safety plan were still executed as planned. The overall number breakdowns are listed below. We had higher participation in every age group than the previous year. We also had the largest total athlete count we have ever had at this meet with 348. The Junior National Qualifiers out of the zone meet are listed below as well.

We have a great bid for the 2025 Zone Meet from GCST @ Ft. Myers Beach. We also have strong interest from Gulf to bid and host the 2026 Zone Meet.

Athlete Participation Last 2 Years

Year	11-12 2K	13-14 5K	15-16 5K	Open 5K	Total
2023	69	89	85	68	311
2024	81	92	92	83	348

Southern Zone Junior National Qualifiers

7.5K Male Qualifiers

Kannen Crossland - Gulf
Dillon Brigman - FL

7.5K Female Qualifiers

Grace Alegi - FL
Zara Kocak - SE
Daisy Collins - NC
Isabelle Descent - FL
JB Kodera - FL

5K Male Qualifiers

Parker P Van Olst Jr - NC

5K Female Qualifiers

Yari Brock - NC
Karter Seluk - FL

Ellison Mandacina - ST
Liv Fleshman - NC



2025 Southern Zone Open Water Championships April 25-27, 2025



Sanctioned by: Florida Swimming Inc. Sanction #
"In granting this approval it is understood and agreed that USA-S/FL shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to any one during the conduct of the event".

Condition of Sanction:

COVID-19 Statement: In applying for this sanction(ed event), the Host, GULF COAST SWIM TEAM agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, FLORIDA (LSC), the State of FLORIDA LEE COUNTY.

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 FLORIDA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Condition of Sanction: 1. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
2. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

3. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.
4. 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. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.
5. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Hosted by: Gulf Coast Swim Team (gcst.org)

Location: Lynn Hall Memorial Park, 950 Estero Blvd, Fort Myers Beach, FL 33931

Age Determination: Swimmers age group is determined on the first day of competition. Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of April 25, 2025, shall determine the swimmer's age for the Southern Zone Open Water Championships. Each LSC must have a representative to act as a liaison between the LSC, Meet Director, and Independent Safety Officer. This individual must be a fully registered USA Swimming Non-Athlete member. It's strongly encouraged that they be from their respective LSC. That person must be identified to the meet host at Registration/Check-In in order to receive the credentials. Please also email ahead of time to the Meet Director who this contact will be.

Race Procedures:

CHECK-IN Swimmers must report to the check-in area for pre-race inspections of their nails, uniform, and numbering each day of the meet. Swimmers will receive their tickets for entry into the race once all check-in inspections are successfully completed.

NUMBER MARKING Numbering will be done at the check-in area. Swimmers shall be marked with their race numbers on both upper arms, both hands, and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs. Any swimmer failing to mark their body correctly will not be permitted to race.

TEAM CAPS Athletes must wear his/her LSC-designated team cap as their outermost cap during races.

Time Limits Swimmers must finish within 30 minutes of the first swimmer to finish in their event to be eligible for scoring and an award. Any swimmer who does not complete the course within 30 minutes of the first finisher in the event may be asked to retire from the race.

Start / Finish Athletes may ONLY enter or exit the course from the beach in the designated start/finish area. This area will be blocked off from spectators and any athletes not in the current heat. All races will have an in-water start.

The finish line will be a clearly marked line on the beach. All finishes will be monitored with a finish line camera (iPad using SprintTimer app)

All finishes with two (or more) swimmers finishing within 0.50 seconds of each other will be deemed a "PHOTO FINISH" in which the officials will review the finish line video to determine the correct order of finish. A swimmer will not be considered as having finished the race until his/her entire torso (shoulders to hips) has crossed the finish line, NOT an arm, hand, neck, head, leg, or foot.

Chip Timing to be used for all events.

Safety Conditions In the event of adverse conditions that cause the meet to be deemed unsafe, the following re-scheduling priorities will be used based on weather predictions, and at the discretion of the Meet Referee.

Priority 1 – Starting the meet later on the same day

Priority 2 – Attempting to reschedule for the following day

Priority 3 – Cancellation

Safety Craft The course will be patrolled by qualified safety personnel. Coaches, parents, and spectators are not allowed on the course with any escort safety craft. Only the Meet Referee can designate who is on the course at any given time.

Lifeguards reserve the right to remove any swimmer from the course if needed.

Safety watercraft and lifeguards on paddleboards and kayaks will monitor the entire course.

The following have the authority to stop the meet at any time for safety reasons: the Meet Referee, the Meet Director, or the Independent Safety Monitor.

Event List:

Team Relays 4x300

#1 Girls 14 & Under

#3 Girls Open

#2 Boys 14 & Under

#4 Boys Open

Individual Events

#5 Girls 5K 13 & 14*	#6 Boys 5K 13 & 14*
#5 Girls 5K 13 & 14*	#6 Boys 5K 13 & 14*
#7 Girls 5K 15 & 16*	#8 Boys 5K 15 & 16*
#9 Girls 5K Open	#10 Boys 5K Open
#11 Girls 11-12 2K	#12 Boys 11-12 2K

Team Pursuits Minimum of 3 swimmers and maximum of 6. Finish time is based on the 3rd swimmer's time of each team.

#13 14 & Under Girls	#14 14 & Under Boys
#15 Open Girls	#16 Open Boys

Date and time:

Friday April 25, 2025

2:30 PM - Check-in opens for participants at Lynn Hall Park, Ft. Myers Beach.

Participant numbering, assignment and inspection, ticket pick-up, nail inspection, and suit inspection.

5 PM to 6 PM – Course open for warmup.

6:30 PM 4x300 relays begin.

CHECK-IN Swimmers must report to the check-in area for pre-race inspections of their nails, uniform, and numbering each day of the meet. Swimmers will receive their tickets for entry into the race

once all check-in inspections are successfully completed.

NUMBER MARKING Numbering will be done at the check-in area. Swimmers shall be marked with their race

numbers on both upper arms, both hands, and their upper backs. The swimmers shall be

numbered vertically down the arms and horizontally across the upper backs. Any swimmer

failing to mark their body correctly will not be permitted to race.

TEAM CAPS Athletes must wear his/her LSC-designated team cap as their outermost cap during races.

Saturday April 26, 2025

6:30 AM – Check-in and inspection.

6:45 AM – Course open for warmup.

7:10 AM – Course closes for warmup.

7:15 AM – Roll Call, and Pre-Race briefing for Girls 5K

7:30 AM – 13-14, 15-16, Open Girls 5K starts.
9:15 AM (estimated) – Roll Call, and Pre-Race briefing for Girls 5K
9:30 AM (estimated) – 13-14, 15-16, Open Girls 5K starts.
11:00 AM (estimated) – Roll Call and Pre-race briefing for 11-12 Boys & Girls 2K
11:15 AM (estimated) – 11-12 Boys & Girls 2K starts.

Sunday April 27, 2025

6:30am Check-In and Inspection
6:45am Course is Open for Warmups
7:10am Course is Closed for Warmups
7:15am Roll Call and Pre-Race Briefing for ALL Pursuit teams
7:30am Girls Pursuits Start 14 & Under, and Open
8:30am (estimated) Roll Call and Pre-Race Briefing for all Boys Pursuit teams
8:45am (estimated) Boys Pursuits Start 14 & Under, and Open

Entry Procedures: Entry by Hytek / TeamUnify file.
No Deck entries allowed.

Entry Deadline: 11:00 PM EST Wednesday, April 15, 2025.
Send entry file to Don Henshaw at gcst@comcast.net prior to the entry deadline.

Entry fee: \$85 per individual event. \$15 per relay team, and pursuit team.
Includes Saturday lunch at the venue.
Check is to be made out to: Southwest Florida Swim Club, Inc.
and mailed to: GCST 20560 Rookery Dr. Estero, FL 33928

Rules: Current USA Open Water Swimming Technical rules will govern. For the safety of swimmers, fingernails and toenails must be clipped. Officials will check fingernail length prior to the events, clippers will be available, and they will be used. Please plan ahead.

Apparel note: All suits must conform to current USA Swimming rules. No wet suits.

Courses: All courses are in the Gulf of Mexico.
Water starts and land finishes.
11-12: 2K loop course
13 & over: 5K loop course

Scoring:

Individual events Top 24 Finishers per Event Score:
32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay events Top 16 Relays per Event Score:
40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: Top 8 male and female of each age group, Medals 1st through 8th.

Relays Top 3 Medals.

Team Awards: Plaque for Top 3 in Combined scoring.

Meet Director: Don Henshaw, 239-560-4820, gcst@comcast.net

Officials: Referee: Mike Brewer

Starter: TBA

Admin Officials: Adele Woodrow, Mary Ann Nielsen

Safety Official: Alise Flanjack, and John Zavachy

Medical Official:

Hotel Information: For hotel and other local information please call 1-888-529-6588

Meet Director: Don Henshaw, 239-560-4820, gcst@comcast.net

Event web site: www.gcst.org.

GROUND TRANSPORTATION:

SPECIAL RATES FOR TEAMS NEEDING GROUND TRANSPORTATION WITH DOLPHIN TRANSPORTATION.

<https://scwebext->

[c.groundwidgets.com/US.FL.KEY/DefaultV2DT/WebSpecial?SC=zu0qMb8dCBkhtja29hIe%2fq9TBtS5iUG%2fBzKW2iofvspUWZvPp0Qp56L1iAGKJeCq](https://scwebext-c.groundwidgets.com/US.FL.KEY/DefaultV2DT/WebSpecial?SC=zu0qMb8dCBkhtja29hIe%2fq9TBtS5iUG%2fBzKW2iofvspUWZvPp0Qp56L1iAGKJeCq)

Login:southern@southern.com

Password: 1234

Summit Feedback

Comments regarding event date and location:

- Overall, there were few complaints about both the date and location, as most people seemed to consider them convenient and accommodating.
- A few people mentioned that it might have been a little bit easier to host the summit earlier in June when training was lighter (and when they were less likely to miss meets), but comments of this sort were limited. It is worth mentioning that the dates of the summit were restricted to when Olympic trials were hosted so that we could watch the event together as a group. I imagine that there will be more flexibility in the upcoming years to address such concerns. In fact, most people appreciated that one of the summit activities revolved around watching trials.
- As far as the location, many athletes were excited about the opportunity to live on a college campus for the first time. Additionally, using a college campus ensured that we had ample resources and amenities to accommodate such a large group of people. I recommend that we continue to utilize universities as prime sites for future summits.
- The only drawback of Louisville was that there seemed to be fewer direct flights to the airport than there might have been in a bigger city. Further, some people suggested that the vastness of the campus made walking to different venues (the pool, auditorium, dorms, and dining halls) a little tedious.

Comments about the venue, dorm quality, and food services:

- The university venue made it such that a large group of people had abundant choice and portion sizes to fulfill their needs. Further, it automatically allowed those with food allergies and dietary restrictions to safely get food without any extra effort on the summit organizers' part.
- While people were overall pleased with the dorms, they found it lacking a few basic necessities like hand soap, trashbags, and pillows. Additionally, the air conditioning was a little shoddy and left rooms unbearably hot or without AC at all. Lastly, there were a few complaints about the check-in process, as it was a bit of a hassle—some of the room assignments got mixed up. Thus, I think that we could improve the summit by streamlining room check-ins and utilizing a different dorm space better suited for combatting 90 degree heat.
- One of the most consistent praises was in regard to the size of the auditorium space. People felt that the room was big enough to accommodate a large group of people but small enough to be intimate and interactive.

Pros of the event:

- One of the most consistent pros of the event was the opportunity that the athletes had to meet new people from other LSCs. Whether this was forging a bond with reps of a neighboring LSC to consider future projects together, hearing the perspective of people with different leadership values and goals, or simply befriending people they felt a connection with.

- The athletes felt that the content was extremely beneficial and many commented on “learning a lot.” They also felt that the presentations were interactive enough to be engaging and encouraged participation—the value of which is getting to learn not only from “authorities” but also from peers. Athletes left with a better understanding of their roles and how they fit into the USA swimming governing structure.
- Other highlights that the athletes seemed to enjoy most were the bonding-centric activities like trivia and the scavenger hunt.
- Another big hit was the opportunity to live on a college campus for a few days. Many of the athletes found this very exciting. I also think that this is valuable because it endowed them with a sense of responsibility and confidence in their independence that we were trying to concentrate on during the summit.

Cons of the event:

- Overwhelmingly, people requested that there be more downtime in future. Due to how much the athletes enjoyed their time at the event, they commonly suggested lengthening the summit as a potential solution. While this may not be a feasible option given the current budget, it is definitely something that we should consider in future to make sure that the athletes do not get too burned out by the information overload. Part of the suggestion of downtime was requesting more free time be given to the athletes to intermingle. They really enjoyed bonding with one another and felt that they did not have enough time to simply “hang out.” While I think that many of the athletes really enjoyed the opportunity to watch trials together, the fact that it only occurs every four years means that the next couple years will allow us to provide more unstructured free time for the athletes to be in each others’ company in the dorm common spaces. I also don’t think that we should have a hard light’s out time—if the athletes are being quiet, respectful and NOT LEAVING THE DORM BUILDING ITSELF, then they should be allowed to stay up as long as they want if they are not bothering anyone else.
- The lack of adequate air conditioning was frequently brought up as a con that they hoped would be rectified in future.
- The other common qualm was that there was only one swim session. An athlete mentioned in the feedback form that they “bonded way faster in the water than out of it.” A few people also said that after the long day of travel, having a swim session before the presentations would have helped them get their energy out.

The most impactful topics:

- Dr. Megan was consistently highly regarded, and there was a relatively even distribution of what people thought her most valuable session was. She was a big hit who commanded the attention, respect, and authority of the room.
- As far as the athlete specific presentations, the social media branding was the one that stood out the most. This response was closely followed by appreciation for the leadership skills, college recruitment, and project planning sessions respectively.

Recommended topics for next time:

- The top most suggested topics were overwhelmingly nutrition, sleep, and recovery from practice respectively (with nutrition leading the pack by a significant margin). I think that it would be best for a trained specialist (much like Dr. Megan) to help lead these talks. While this is what the athletes want to hear, we also need to find a way to explore these topics through the lens of leadership specifically, as that is what the summit is about.
- Additionally, a few people (likely those who had previously attended the USA swimming workshop) requested sessions in safe sport and USADA similar to those held at Workshop each year.
- Considering how valuable the athletes considered the project planning to be, the athletes expressed wanting to spend more time (especially individualized attention) developing their LSC's passion projects. While they felt they learned the SKILLS to plan, they felt that they could have used more guidance about what project would be most appropriate to implement in their specific LSC (given that each LSC is a different size and is dealing with different sets of resources).

Quick statistics based on the exit survey:

- 98% of participants thought that topics presented by both Dr. Megan and the athletes were relevant to them personally (bear in mind that chaperones also filled out this survey, making that number particularly impressive).
- 98% of participants thought that there was adequate information provided beforehand to help prepare for the summit.

Striking quotes:

- "This was a home run out of the park. Everything was organized. Were there minor inconveniences? Yes, but we didn't waste a second and were doing something productive in a manor. This would definitely be highly sought for if we do it again."
- "I feel the staff, presenters, and athletes did a wonderful job with being flexible and adapting to things outside of their control. They carried on with positive attitudes and professionalism."



2024 Athlete Summit Financials

Athletes: 62

Chaperones & Staff: 20

LSC Athlete Cost (pp)	\$165.20
Meals	\$47.95
Dorm shared	\$87.25
Linens	\$30.00

LSC Chaperone Cost (pp)	\$186.20
Meals	\$47.95
Dorm single	\$108.25
Linens	\$30.00

Southern Zone Budget **\$12,000**

Southern Zone Expenses	
Meeting Room	\$375.00
Pool & Lifeguards	\$824.00
Parking	\$96.00
Snacks	\$197.40
Merchandise*	\$1,921.36
Guest Speaker	\$3,200.00
Guest Speakers Travel/Meals	\$1,692.13
	<u>\$8,305.89</u>

Southern Zone Personnel Expenses \$3,494.28
\$11,800.17

Cost to SZ per Attendee \$144
Add 7% inflation \$154 Use this amount to budget for 2026

*Merchandise included 2 t-shirts per athlete (one per chaperone/staff), drawstring bag, lanyard.
Not attending: WV, SE, WT

Legislative Proposal: Update to the Southern Zone Age Group Championship Order of Events. Move the 11-12 400m Free to Wednesday as a timed final event. Change both the 13-14 400m Free and 400m IM to timed finals with the fastest heat of each gender swum during evening finals.

Proposed By: Jonathan Watson, SZ Age Group Coordinator

Date: September 1, 2024

Rationale: To shorten the overall timeline and allow for higher quality swims in an already busy format.

DAY ONE – Wednesday		Timed Finals Begin 1:00PM
Event # <i>(odd-females; evens-male)</i>	Age Group	Distance/Stroke
1-2	11-12	400m Free (new timed final)*
3	13-14 Girls	800m Free
4	13-14 Boys	1500m Free
5-6	11-12	400m Freestyle Relay
7-8	13-14	400m Freestyle Relay
9-10	11-12	400m Medley Relay
11-12	13-14	400m Medley Relay
All Awards for Thursday events (top-3) distributed at Meet Social held on the first evening of the meet		
DAY TWO – Thursday		Parade: 5:15PM; Finals Begin – 5:45PM
Event #	Age Group	Distance/Stroke
13-14	13-14	200m Freestyle
15-16	11-12	200m Freestyle
17-18	13-14	100m Breaststroke
19-20	11-12	50m Breaststroke
AWARDS PRESENTATION IN FINALS	200m Free, 100m Breast, 50m Breast	Top-3 Athletes recognized
21-22	13-14	100m Backstroke
23-24	11-12	50m Backstroke
25-26	13-14 (TF)	400m Individual Medley (new TF)*
27-28	11-12 (TF)	200m Freestyle Relay
29-30	13-14 (TF)	200m Freestyle Relay
AWARDS PRESENTATION IN FINALS	100m Back, 50m Back, 400m IM, Relays	Top-3 finishers recognized
DAY THREE – Friday		Finals Begin – 5:30PM
Event #	Age Group	Distance/Stroke
31-32	13-14	200m Butterfly
33-34	11-12	100m Butterfly
35-36	13-14	50m Freestyle
37-38	11-12	50m Freestyle
39-40	13-14	200m Breaststroke
AWARDS PRESENTATION IN FINALS	200/100m Fly, 50m Free, 200m Breast	Top-3 Athletes recognized
41-42	11-12	100m Breaststroke
43-44	13-14 (TF)	400m Freestyle (new TF)*
45-46	11-12 (TF)	200m Freestyle Relays
47-48	13-14 (TF)	200m Freestyle Relays
AWARDS PRESENTATION IN FINALS	100m Breast, 400m Free, Relays	Top-3 finishers recognized
DAY FOUR – Saturday		Finals Begin – 5:30PM
Event #	Age Group	Distance/Stroke
49-50	13-14	200m Backstroke
51-52	11-12	100m Backstroke
53-54	13-14	100m Freestyle
55-56	11-12	100m Freestyle
57-58	13-14	200m Individual Medley
AWARDS PRESENTATION IN FINALS	200/100m Back, 100m Free	Top-3 Athletes recognized
59-60	11-12	200m Individual Medley
61-62	13-14	100m Butterfly
63-64	11-12	50m Butterfly
AWARDS PRESENTATION IN FINALS	299m IM, 100m.50m Fly	Top-3 Athletes recognized
65	13-14	Mixed 200m Relays**
66	11-12	Mixed 200m Relays**
FINAL AWARDS PRESENTATION	Mixed Relays, Charlene Craddock Award, High Pt Awards, Top-Team Awards	

****Mixed Medley relays in EVEN years; Mixed Free relays in ODD years.**



Proposal:

Biennial Athlete Summit

Part 5 - SZ Athletes Committee

Section 1- Purpose and Goals

1. Immediate Goals

D. Coordinate and host an Athlete Summit in every even-numbered year for the purpose of educating LSC athlete representatives In the Southern Zone.

The Southern Zone is looking for Hosts to bid on the two Zone meets in 2026 – the Southern Zone Age Group meet and the Southern Zone Senior meet. Both meets will be held Wednesday to Saturday, July 29-August 1, 2026.

Link to Bid Form: [sz-championship-host-application_089431.docx \(live.com\)](#)

The completed bid form should be sent to Melissa: mhellervikbing@hotmail.com

Please remember we vote on bids Saturday, September 28, 2024 at 10am MT during the SZ Annual Meeting during the ABM in Denver. The meeting will also be streamed over Zoom at 12 noon ET. Please note the time difference.

Some Quick Facts about the 2024 meets that may entice a bid:

USA Swimming contribution: \$10k per meet

SZAG – Midland, Texas

13 LSC Teams Attended

472 Athletes Entered

Entry Fees and Surcharges amounted to \$62,140

Includes SZ Surcharge of \$5 per athlete = \$2,360

Approx. Revenue from Ticket sales, T-shirt sales and Concessions: ticket sales - \$9k, merchandise sales - \$7k, no concessions or heat sheet sales

SZSR – WVU, Morgantown, WV

403 Athletes Entered, including 66 from Out of Zone

Entry Fees and Surcharges amounted to \$52,530

Includes SZ Surcharge of \$5 per athlete = \$2,015

Approx. Revenue from Ticket sales, T-shirt sales and Concessions: ticket sales - \$3k, other vendor sales contracted with facility

For Your Planning Purposes:

2025 SZOW Bid – Ft. Myers, FL, April 25-27.

2026 SZOW Bid – Houston, TX, Spring dates between April – June.

Most importantly, **Please Share this email with facilities and potential hosts in your LSC.**

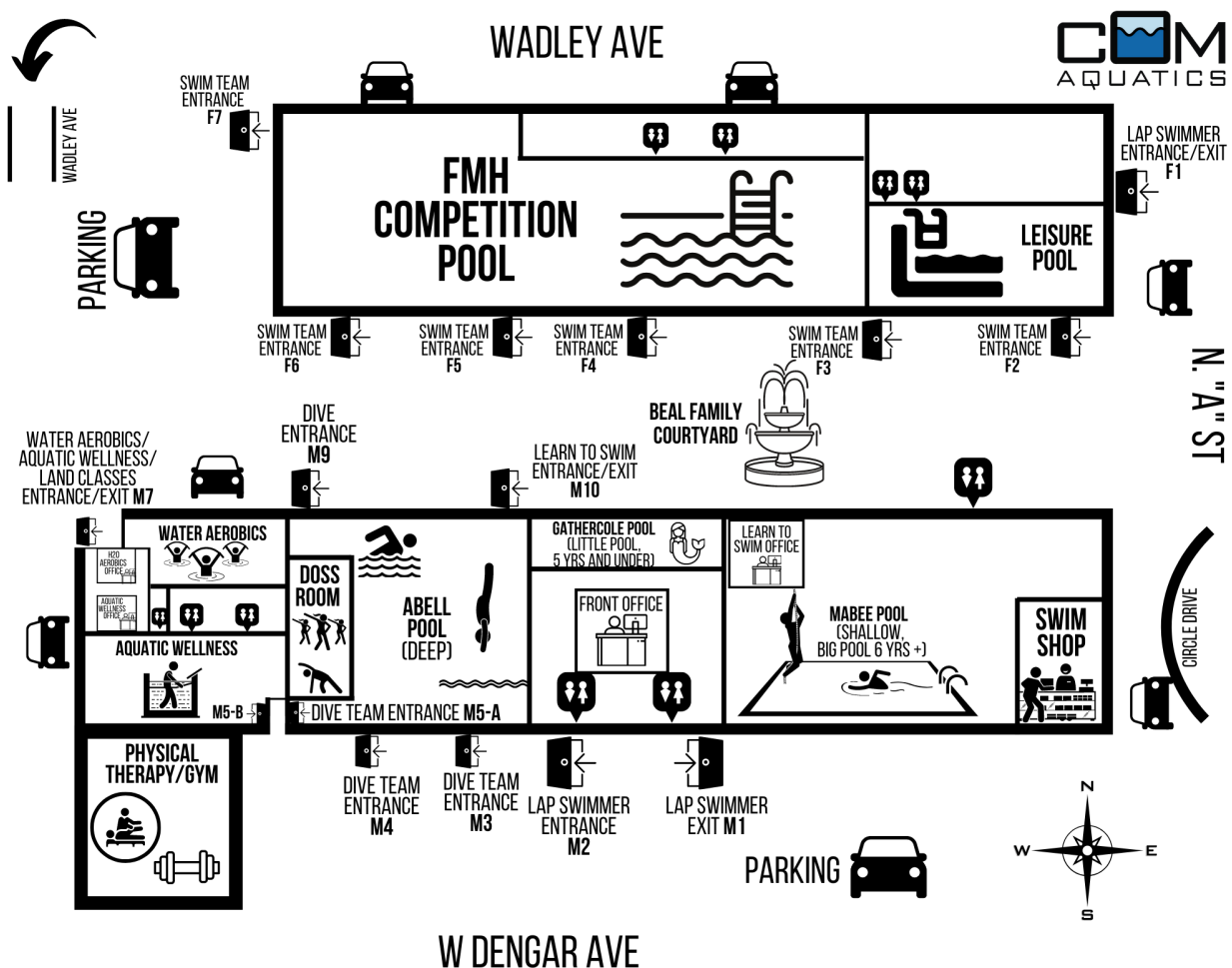
Parking & Entrance:

Athletes & Coaches

- Swimming teams should enter the FMH Natatorium through the south F7 entrance
- Diving teams should enter the Abell Pool through the M9 entrance
- Busses can drop off using the parking lot to the west of FMH Natatorium. It is requested that busses park in the parking lot for the softball/soccer fields to the southwest of COM Aquatics at the west end of W Dengar Ave.

Spectators

- Swimming spectators should enter the FMH Natatorium using the north F7 entrance
- Diving spectators should enter the Abell Pool using the M2 entrance
- Spectators may use the parking lots to the west of the FMH Natatorium and south of the main COM Aquatics complex.





Application to Bid on a 2026

Southern Zone Summer Long Course Championships

Wednesday to Saturday, July 29-August 1, 2026

Zone Age Group Championship ☐ and/or Senior Championship ☒X

General Chair – Jenna Purkey LSC Chair authorizing this application.

The Team/Facility/Organization that will be assigned the Championship is:

Name: COM Aquatics

Address: 3003 N. A Street

City/State/Zip: Midland TX 79705

Phone: 432-684-7755 Website: comaquatics.com OR comswimteam.com

The Organization President is:

Name: Brad Swendig

Address: 3003 N. A Street

City/State/Zip: Midland, TX 79705

Phone: 432-684-7755 (office) 432-582-5166 (mobile)

Email: brads@comaquatics.com

Facility Information:

Please read carefully and comply with the Southern Zone Administrative Policy Manual and Article 103 – Facility Standards in the current edition of the USA Swimming Rules and Regulations. Please be certain you understand the requirements for hosting the Southern Zone Championship meets.

Name of Facility: FMH Foundation Natatorium

Name of Pool (if different): Same

Organization Administering Facility: COM Aquatics

Facility Administrator: Jenna Purkey

Facility Address: 3003 N. A Street

City/State/Zip: Midland, TX 79705

Phone: 432-770-6048

GPS Address (if different from above): same

Competition Pool Information:

The pool is 8 years old. It opened for the first time on 4/2016(date).

The pool is (double-click to select one): X ☐ indoor ☐ outdoor ☐ indoor/outdoor

Pool Depth -- Start End: 6.5 Feet Center: 6.5 Feet Turn End: 6.5 Feet

Are all lanes the same depth? yes If not, please explain: same depth

Please sketch a profile of the pool bottom with the depths marked and attach it to this application.

There are 10 lanes for racing. Each lane is 7.5 wide.

Does the pool have a water heater (Y/N)? Yes A water-cooling system? No

Can you guarantee the water will be the correct temperature range for competition? Yes

Is there a current or water jets that affect competition in any lane(s)? No

What type of gutter system is installed: Deck level

Brand name of lane dividers: Competitor

Starting Platform Information:

Size of platform surface: Length: 32 inches Width: 24 ½ inches

If slanted, the degree of slant: 10 degrees

Height above water surface: 33 & 7/16 inches

Are all surfaces non-skid (Y/N)? Yes

Are wedges installed on Starting Platforms (Y/N)? Yes

Are backstroke ledges available (Y/N)? Yes

Are there sufficient and operable wedges and ledges for all lanes, including back-ups (Y/N - #)? Yes, we have 21

Distance Counter Cards: On Poles? (Y/N) Yes How many back-up Counter Cards: 10

Timing System:

Make and Model of Automatic Timing System: Colorado Timing, Gen 7

Is the Timing System installed or rented: installed

Touch Pad Brand and Size: Colorado Timing, 7.5 feet

Make and Model of Back-Up Timing System: Same as primary, we have 2 of everything

Scoreboard Make, Model and Display size: Colorado, Please attach a photo of the Scoreboard.

In addition to Race Results can the scoreboard display Team Scores and Awards Names? Yes, we can split the screen and have scrolling results

Make and Model of the Starting System: Colorado Championship Start System

Will Starting System speakers be operable under each lane? Yes

What computer entry and scoring system will be used for this meet: Hy-Tek Meet Manager

Deck Space – Competition Pool:

Total Seating Capacity on Deck (min deck seating of 800): indoor – 475, outdoor courtyard – 400, warm-up pool - 600

What level bleachers are there and where are they placed? Deck level, around the pool

Deck measurements Start End: 17 feet Turn End: 8.5 feet Left side: 9 feet Right side: 14.5 feet

If outdoors, is deck space shaded? Additional Outdoor seating available and is shaded

Public Address System:

Does the facility own a public address system, or will it be renting a system? Own

Does the Speaker System provide adequate coverage for: Comp pool area? Yes Warm-up Area? Not connected

Locker rooms No Spectator area Yes All Swimmer Deck Spaces- Yes

Locker Room Facilities (20 swimmers each Minimum):

Two separate locker rooms for both boys and girls – one in competition pool, one by warm-up pool; numbers below are for combination of both

Women: # of Lockers 60	# of Benches 8	# of Toilets 8	# of Showers 8
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Men: # of Lockers 60	# of Benches 7	# of Toilets 5	# of Showers 8
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Family Locker Rooms? No Please describe:

Are there separate restroom facilities for use by on-deck staff, including officials, timers, etc.? Please describe how many and location relative to the competition pool. Yes, 2 single person restrooms available on pool deck level, just off competition deck

Are there separate restroom facilities for use by spectators? Please describe how many and location relative to the spectator stands. Yes, single person restroom downstairs for spectators, larger restroom option upstairs in seating area

Warm-Up Pool:

Number of Lanes (minimum of 6 lanes, 50m preferred): 6 lanes

Length: 25 yards Width: 7.5 feet Depth at shallow end: 7 feet

How many Starting Platforms: none Are they the same Model as the Comp Pool? N/A

Platforms fitted with Wedges? N/A Are Backstroke Ledges available? N/A

Is pool Indoor or Outdoor? Indoor

Will lane dividers be provided? Yes What type? Competitor lane lines

Distance from Comp Pool? 150 Feet (across courtyard)

Parking:

How many parking spaces are adjacent to the venue? 307, plus city park .25 from front doors of facility

Is there a separate parking area for large buses and passenger transport vans? Yes

Is there a drive-thru drop off area? Yes

Travel:

Best Airport near the Pool Venue and distance away? Midland International Air and Space Port

How many rental vans are available at the airport? Information not available – rental companies not willing to give out these numbers at this time.

MISC:

Are there any pool/facility/host policies or vendor contracts that would restrict USA Swimming sponsorship obligations?
No

Per USA Swimming Rules NO NOSE MAKERS WILL BE ALLOWED AT THE MEET.

Are there sufficient local volunteers to act as marshals, runners, etc.? Yes

Will there be Concession Food/Drink for Spectators? Yes

Will there be Hospitality for Coaches, Officials and Volunteers? Yes

Where will the Coaches Technical Meeting be held? Zoom

Where will the Officials Meeting Room be located? Classroom near the warm-up pool Is it a secure room? no

Is there an available Awards stand that can be used? Yes

Will the host have a separate website/webpage that will be used for Championship information? Yes

Is the Host/Facility or Other Interested Party planning on any special offerings for the Attendees to this meet? Yes, we can do an after party if that is desired. If so, please describe. Open swim, water inflatable obstacle course, diving boards and DJ

Please attach to this bid the following information:

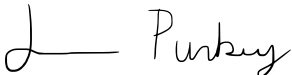
An electronic Map or Diagram of the Venue.

An electronic Map or Diagram of the Competition Pool Deck area that includes deck seating, start end with blocks, administrative area of Timing, Scoring and Clerk of Course, and locker-rooms.

Information on Headquarters Hotel, as well as other hotels in the area. If special rates or amenities have been negotiated for the Southern Zone Championship meet, please include that information and website links to the hotels.

Information on nearby restaurants, as well as restaurants that can supply bulk orders for Teams. If special rates or amenities have been negotiated for the Southern Zone Championship meet, please include that information and website links to the restaurants.

By submitting this application, the Host/Venue assures the competition pool meets the required 50-meter racing course dimensions for each lane and the verified survey must be attached.

Host Signature: 

Print Name: Jenna Purkey

Email: jennap@comaquatics.com

Mobile Phone #: 432-770-6048

Date Submitted: 9/9/2024



Application to Bid on a Southern Zone Summer Long Course Championship

The FL Local Swimming Committee (LSC) is submitting this application bid for the 2026 Southern Zone Age Group ☒ or Senior ☐ (double-click to select one) Championship.

Vanessa Brewer - LSC Chair authorizing this application.

The Team/Facility/Organization that will be assigned the Championship is:

Name: Rosen Aquatic & Fitness Center

Address: 8422 International Drive

City/State/Zip: Orlando, FL 32819

Phone: 407-996-3444 Website: rosenaquatic.com

The Organization President is:

Name: Mike Brady

Address: 8422 International Drive

City/State/Zip: Orlando, FL 32819

Phone: 407-996-0653 (office) 336-608-2306 (mobile)

Email: mbrady@rosenaquatic.com

Facility Information:

Please read carefully and comply with the Southern Zone Administrative Policy Manual and Article 103 – Facility Standards in the current edition of the USA Swimming Rules and Regulations. Please be certain you understand the requirements for hosting the Southern Zone Championship meets.

Name of Facility: Rosen Aquatic & Fitness Center

Name of Pool (if different): same as above

Organization Administering Facility: Rosen Aquatic & Fitness Center

Facility Administrator: Mike Brady

Facility Address: 8422 International Drive

City/State/Zip: Orlando, FL 32819

Phone: 407-996-0653

GPS Address (if different from above): NA

Competition Pool Information:

The pool is 39 years old. It opened for the first time on 1984.

The pool is (double-click to select one): ☒ indoor ☐ outdoor ☐ indoor/outdoor

Pool Depth -- Start End: 7' Center: 7' Turn End: 7'

Are all lanes the same depth? yes If not, please explain: NA

Please sketch a profile of the pool bottom with the depths marked and attach it to this application.

There are 8 lanes for racing. Each lane is 9' wide.

Does the pool have a water heater (Y/N)? Y A water-cooling system? aerators

Can you guarantee the water will be the correct temperature range for competition? No

Is there a current or water jets that affect competition in any lane(s)? No

What type of gutter system is installed: Paddock

Brand name of lane dividers: Competitor

Starting Platform Information:

Size of platform surface: Length: 32" Width: 24"

If slanted, the degree of slant: 10 degrees

Height above water surface: 29.5"

Are all surfaces non-skid (Y/N)? Y

Are wedges installed on Starting Platforms (Y/N)? Y

Are backstroke ledges available (Y/N)? Y

Are there sufficient and operable wedges and ledges for all lanes, including back-ups (Y/N - #)? Y - +6

Distance Counter Cards: On Poles? (Y/N) Y How many back-up Counter Cards: 8

Timing System:

Make and Model of Automatic Timing System: CTS System 7

Is the Timing System installed or rented: installed

Touch Pad Brand and Size: CTS 96"

Make and Model of Back-Up Timing System: CTS System 6

Scoreboard Make, Model and Display size: ViviLED Please attach a photo of the Scoreboard. See attached.

In addition to Race Results can the scoreboard display Team Scores and Awards Names? Y

Make and Model of the Starting System: CTS (various)

Will Starting System speakers be operable under each lane? Y

What computer entry and scoring system will be used for this meet: Hy-Tek

Deck Space – Competition Pool:

Total Seating Capacity on Deck (min deck seating of 800): 1000

What level bleachers are there and where are they placed? Stadium grandstand

Deck measurements Start End: 32' Turn End: 32' Left side: 16' Right side: 16'

If outdoors, is deck space shaded? NA

Public Address System:

Does the facility own a public address system, or will it be renting a system? TBD

Does the Speaker System provide adequate coverage for: Comp pool area? Y Warm-up Area? Y

Locker rooms N/TBD Spectator area Y All Swimmer Deck Spaces Y

Locker Room Facilities (20 swimmers each Minimum):

Women: # of Lockers 34 # of Benches 4 # of Toilets 6 # of Showers 7

Men: # of Lockers 46 # of Benches 4 # of Toilets 9 # of Showers 7

Family Locker Rooms? Y Please describe: one family locker room is available off the back teaching pool

Are there separate restroom facilities for use by on-deck staff, including officials, timers, etc.? Please describe how many and location relative to the competition pool. One men's and one women's off the warm up pool

Are there separate restroom facilities for use by spectators? Please describe how many and location relative to the spectator stands. One men's and one women's at the entrance to the spectator area outside the competition course

Warm-Up Pool:

Number of Lanes (minimum of 6 lanes, 50m preferred): 8x SCM lanes

Length: 25m Width: 25y Depth at shallow end: 7'

How many Starting Platforms: 8 Are they the same Model as the Comp Pool? Y

Platforms fitted with Wedges? Y Are Backstroke Ledges available? Y

Is pool Indoor or Outdoor? Indoor

Will lane dividers be provided? Y What type? Competitor

Distance from Comp Pool? 16'

Parking:

How many parking spaces are adjacent to the venue? 140

Is there a separate parking area for large buses and passenger transport vans? Y

Is there a drive-thru drop off area? Y

Travel:

Best Airport near the Pool Venue and distance away? MCO, 20 minutes

How many rental vans are available at the airport? 50+

MISC:

Are there any pool/facility/host policies or vendor contracts that would restrict USA Swimming sponsorship obligations?
N

Per USA Swimming Rules NO NOSE MAKERS WILL BE ALLOWED AT THE MEET.

Are there sufficient local volunteers to act as marshals, runners, etc.? Y

Will there be Concession Food/Drink for Spectators? Y

Will there be Hospitality for Coaches, Officials and Volunteers? Y

Where will the Coaches Technical Meeting be held? Rosen Plaza (host hotel)

Where will the Officials Meeting Room be located? Off the warm up pool Is it a secure room? Y

Is there an available Awards stand that can be used? Y

Will the host have a separate website/webpage that will be used for Championship information? Y

Is the Host/Facility or Other Interested Party planning on any special offerings for the Attendees to this meet? Y If so, please describe. Discounts to local attractions and parks

Please attach to this bid the following information:

An electronic Map or Diagram of the Venue. See attached

An electronic Map or Diagram of the Competition Pool Deck area that includes deck seating, start end with blocks, administrative area of Timing, Scoring and Clerk of Course, and locker-rooms. See attached

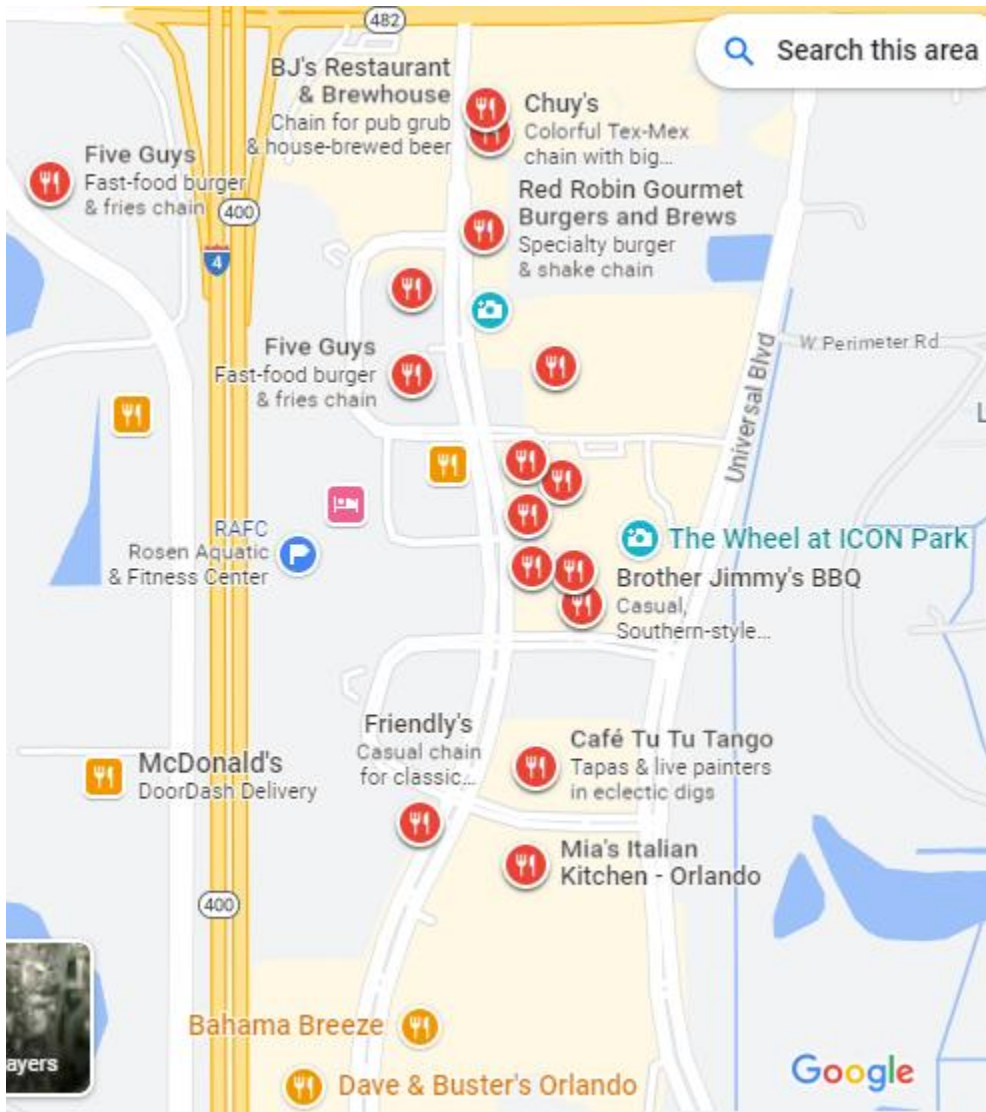
Information on Headquarters Hotel, as well as other hotels in the area. If special rates or amenities have been negotiated for the Southern Zone Championship meet, please include that information and website links to the hotels.

a. Hotels conveniently located to the Rosen Aquatic and Fitness Center & average rates:

1. -Holiday Inn: \$145 (connected to Aquatic Center)
2. -Clarion Inn: \$85 (connected to Aquatic Center)
3. -Courtyard Marriott: \$197 (1-minute walk)
4. -Red Roof PLUS: \$89 (1-minute walk)
5. -Embassy Suites: \$128 (2-minute walk)
6. -La Quinta: \$169 (2-minute walk)
7. -Rosen Inn Pointe Orlando: \$58 (5-minute walk)
8. -HOST HOTEL - Rosen Plaza \$TBD (8-minute walk)
<https://www.rosenplaza.com/about-us/>
9. **There are approx. 15 additional hotels within a 10-minute walk.

Information on nearby restaurants, as well as restaurants that can supply bulk orders for Teams. If special rates or amenities have been negotiated for the Southern Zone Championship meet, please include that information and website links to the restaurants.

Restaurants within walking distance of the Rosen Aquatic & Fitness Center, (with another 30+ driving distance):



By submitting this application, the Host/Venue assures the competition pool meets the required 50-meter racing course dimensions for each lane and the verified survey must be attached.

Host Signature: MWB Print Name: Mike Brady Email: mbrady@rosenaquatic.com Mobile Phone #: 336-608-2306 Date Submitted: 9/15/2023



APPLICATION FOR SOUTHERN ZONE
AGE GROUP SWIMMING / SENIOR CHAMPIONSHIPS
(select one)

The __West Virginia__ Local Swimming Committee wishes to bid for the 2026_ Southern Zone Age Group Swimming / Senior Championships (**select one**).

____Eric Anger

Chairman, Local Swimming Committee USA Swimming, Inc.

The organization that will be assigned the Championship is the:

NAME: Club Mountaineer Aquatics

ADDRESS: 218 Poplar Dr_____

CITY: _STATE: ZIP: Morgantown, WV 26505_____

PHONE: (304) 841-4391_____

The organization President is:

NAME: Vic & Renee Riggs _____

ADDRESS: Same as above____

CITY: STATE: ZIP: _____

PHONE: (304) 841-4391(R) 304-276-3477(V)_____

FACILITY INFORMATION

Please read and comply with the **Southern Zone Meet Handbook** and Article 103 - Facility Standards, USA Swimming Rules and Regulations. Please be certain you understand the requirements for hosting the meets.

If the organization is awarded these Championships, we propose to conduct the meet at the following facilities.

1. Name of Facility: The Aquatic Center @ Mylan Park_____

2. Name of Pool (if different): _____

3. Organization Administering Facility: Mylan Park Foundation__

4. Facility Administrator: Jennifer Lainhart_____

5. Address: 1847 Fitness Way_____

6. City: State: Zip: _Morgantown WV, 26501_____

1. Phone: (304) 973-9733_____

2. Pool Street Address: Same_____

3. City: State: Zip: _____

8. The pool is 1 years old. It opened for the first time on Nov. 1st, 2019_ (date).

9. The pool is: X indoor _____ outdoor _____ indoor / outdoor

8. What is the depth of the pool? Start end:7'6" Center:7'3" Turn end:7'

Are all lanes the same depth? Yes. If not, explain:_____

Please sketch a profile of the pool bottom with the depths marked: Attached

9. There are 8 lanes for racing. Each lane is 9' wide.

10. Does the pool have a water heater? Yes A water cooling system? No not needed

11. Can you guarantee that the water will be the correct temperature range for competition? Yes with no current Yes.

12. What is the candlepower lighting three feet above the water with existing lights? 116 Candlepower at finishing and turning end? 116

13. Brand name of lane dividers Kiefer Advantage II_____

14. What type of gutter system is installed? Paddock Evacuator

15. Warm-Up Pool(s): (min of 6 lanes) Separate Diving Well

Length 25yds Width 20 yds Depth at Shallow end: 15'6"

Number of lanes 6 Width of lanes 7

Starting Platforms No Backstroke Ledges No

Indoor/Outdoor pool Indoor__

Distance from competitive pool 14'_

Will lane dividers be provided? _Yes What type? Kiefer Advantage II__

16. Starting platform information:

A. Size of platform surface Length 29" Width 20"

B. If slanted, the degree of slant _Meets USA Swimming Guidelines_____

C. Height above water surface 2'5"__

D. Are all surfaces non-skid Yes

17. Timing system trade name and model of automatic timing system: _____

_Colorado Timing System Gen 6_____

A. Is it installed or rented? Installed___

B. Name of touch pads _Colorado_

C. Name of back up system Colorado T.S._____

D. Where is it located? On site_____

E. Is a readout scoreboard installed? Yes If not will you rent one? _____

How many lines? Up to 16 lanes

18. Do you have, or will you have a sound starting device under each lane? Yes

19. Computerization: What computer system and meet management program will be used for the meet? Microsoft and HyTek Meet Manager

20. Scoreboard: Will you have a team scoreboard for 1 - 15 places? Yes

What type? Colorado_____

21. What are the deck measurements? Left side 16'8" Right side 16' to 19'

Turning end 12'7" Behind start 14'

22. Total seating capacity in pool area 1400 (min of 1200 seating)

(min deck space 550-700)

Right side of pool 250-300 Left side of pool 250-300

Starting end _N/A Turning end _TBD

Comments: _We have 10 sets of bleachers and will provide more if needed___

23. Resting Area:

Is it convenient? Yes Is it shaded? Yes How large? _____

Indoor/Outdoor? Indoor How far from the rest area to the pool? Deck Access

24. Locker Facilities: (20 swimmers + equipment min)

Women: # lockers _____ # showers _____ # toilets _____

Men: # lockers _____ # showers _____ # toilets _____

25. P.A. System:

In pool area Yes In warm-up pool area Yes In locker rooms Yes In rest area Yes

Are acoustics acceptable if indoors? Yes_____

Are speakers adequate if outdoors? N/A_____

26. Will the facilities be available to only swimmers on a full-time basis beginning one day before the meet? Yes_____

27. Is a Certification of Pool Length Application on file at the United States Swimming National Headquarters? Yes and see attached_____

28. Do you have any policies that would restrict USA sponsorship obligations? No_____

29. Per USA Swimming Rules and Regulations NO NOISE MAKERS WILL BE ALLOWED AT MEET.

30. Will meet marshals/Invigilators be available throughout the meet? yes_____

1. Hotel Headquarters: Courtyard by Marriott

Name: Address: City: State: Zip: 460 Courtyard Way, Morgantown, WV, 26501

Phone:(304) 284-2186_

Manager's Name: Kimberly Thompson_____

Number of rooms:_____ Distance from hotel to pool: 1.5 miles

Room rates: Single 99.00_

Double:109.00_

Quad: 124.00_

Describe facilities, including the restaurants and hours of operation: _____

2. Other Hotels: Please see attached. We have arranged Hotel rates with several Hotels

Please attach a list of other hotels with the following information:

Name: Number of rooms: _____

Room rates: ~~Double~~ Single: _____

Quad: _____

Driving time to pool: _____

Contact Name: Address: _____

Phone: (____) _____

3. Please indicate the number of restaurants in each category:

Fast food: 1-5 miles _____ 6-10 miles _____ 11-20 miles _____

Inexpensive: 1-5 miles _____ 6-10 miles _____ 11-20 miles _____

Moderate: 1-5 miles _____ 6-10 miles _____ 11-20 miles _____

4. Transportation To And From The City: __Air- Pittsburgh International Airport_____

Airlines serving the city: _Air Canada, Alaska Air, Allegant, American Airlines, Delta, Frontier, Jet Blue, Southwest, Southern Airways Express, Spirit, United_____

Distance from airport to the pool: 70 Miles

Will there be free transportation from the hotels to the pool? No Schedule?

How many rental vans are available at the airport? Unknown_____

Car rental companies serving the city: All major companies

Is there a traffic problem getting to the pool from housing? No

If so, explain:_____

2024 SZ DEI Coordinator Report

2023-24 was a busy year for the Southern Zone LSC DEI chairs. All LSCs have chairs. Progress has been made so that most all of the LSC chairs are voting Board members, with budgets. Our meetings continued to be via Zoom, but now will be quarterly rather than monthly per schedules of the chairs.

NC and SC successfully held a joint DEI camp. SC also had an online virtual game, using the virtual breakout rooms so that the athletes could participate (swim related questions for Cahoot/Online Bingo/Scattegories). Their DEI committee provided thank you gift cards to timers at their SC championship meet (randomly placed at the seats during the meet). South Texas had its first one day event with Leland Brown joining the attendees. Georgia will be hosting again its diversity meet in March of 2025. New FL DEI chair is Cori Welbes.

Disability continues to be a coordinated effort with our DEI chairs – many of the chairs shoulder both roles in their LSCs. Rayleen Soderstrom, SZ Disability Coordinator was a regular attendee of the SZ LSC DEI chairs zoom meetings.

The big event of the past year was the Athlete Directors Olympic Trials Watch camp that was held at University of Louisville during the OT in Indianapolis. 13 of the 15 LSCs

participated, sending their athlete representatives for a 3 day/2 night stay.

This is my final year as the SZ DEI Coordinator. Martha Chiwanza, SC chair, has agreed to be the SZ Assistant DEI Coordinator and will then hopefully transition to being the Coordinator. I am grateful to have been able to serve these past 6 years in this role. The SZ has made much progress in its inclusivity and I hope to see it continue to be a leader in the Zones of USAS.

Sincerely-
Ruth-Ann Bode

2024 Disability Swimming Report

Southern Zone

1 piece of legislation related to disability swimming was passed at the USA Swimming 2023 House of Delegates. Introduced in 2022 as R-5 it was reworked and passed as R-9. The legislation clarifies the difference between accommodations and modifications for swimmers with disabilities in inclusion meets. Additionally, it helps to clarify the responsibilities of coaches, athletes and officials in implementing them.

The disability subgroup of the national DEI committee continues to update the resources for inclusion of “differently abled” athletes in meets and club programs. The updated documents have been approved by all necessary parties and will be posted to the resources tab on the DEI page of the USA Swimming website following the annual business meeting. The committee requests that all LSC and zone websites remove their individual documents and replace them with a link to the national site. This will ensure that all sites are up to date with the latest information and future information can be posted with instant access for all.

The Fred Lamback Para Swimming Open continues to be held in the Atlanta area. This is a World Para Swimming approved competition for disability only athletes. Classification is available for the athletes; an official’s certification add-on course and a coaches certification course are available. This year a camp will be held at the same time for athletes, coaches and parents who are new to disability swimming. Information about both events will be available on the US Paralympic and Georgia Swimming websites.

The disability subgroup will continue to reach out to sectional and zone meet committees to standardize the information in meet packets for swimmers with disabilities to enter. Clear statements about the use of the parallel time standards for entry and the use of the updated request for accommodation form will be requested. Additionally, LSC championship meets will be assisted with this process.

The Parallel Time Standards adopted by USA Swimming in 2018 are being updated for the new quad. They will be posted on the USA Swimming website as soon as they are available.

The National Championships for Paralympic swimmers will be held December 13-15, 2024, at the Rosen Aquatic Center in Orlando, Florida.

The southern zone age group championships were held in Midland, Texas. 6 swimmers with a disability participated. Next summer the meet will be July 30 – August 2 in Orlando, Florida at the Rosen Aquatic Center.

SZ Open Water Championships were held May 31 – June 2, 2024, at Baren River Lake in Kentucky. The first disability swimmer with multiple disabilities including Epilepsy successfully completed the course. Additional safety procedures were put in place with no disruptions to the competition. Next year the event will be April 25-27, 2025, at Lynn Hall Park – Fort Myers, Florida.

The southern zone disability chairs and the DEI chairs continue to meet together by zoom on a regular basis. Some LSCs have separate chairs and others have combined theirs. We will continue to work together and share resources moving forward.

For more information or questions, contact SoderstromRayleen@gmail.com or 931-581-4918.

Rayleen Soderstrom

Southern Zone Disability Coordinator