

**2013 USA SWIMMING**  
**SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS**  
**July 30 - August 3, 2013**  
**SPONSORED BY: USA SWIMMING**

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| <b>Meet Sanction:</b>                                                                                | Held under the sanction of USA Swimming issued by SC Swimming:<br>Sanction Number SC13103LC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Host Club:</b>                                                                                    | <b>Team Greenville</b> and Greenville Rec                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Meet Director:<br>Meet Referee:<br>Admin Referee:<br>Starter:<br>Meet Entries to:<br>Safety Marshal: | Karen Alexander, <a href="mailto:pixabugg@bellsouth.net">pixabugg@bellsouth.net</a> , 864-506-2016<br>Colleen Gillan, <a href="mailto:csgillan@charter.net">csgillan@charter.net</a><br><br>Karen Alexander, <a href="mailto:pixabugg@bellsouth.net">pixabugg@bellsouth.net</a> , 864-506-2016<br>Dede Leftwich, <a href="mailto:dleftwich@charter.net">dleftwich@charter.net</a> , 864-325-9161                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Facility:</b>                                                                                     | <p>Westside Park &amp; Aquatic Complex<br/> 2700 West Blue Ridge Drive (SC Highway 253)<br/> Greenville, SC 29611<br/> 864-295-0032</p> <p>Westside Aquatic Complex is a semi-open air facility with eight (8) 50 meter lanes and adjacent five (5) lane warm-up/warm-down pool. Both pools are bottom striped, wall targeted and equipped with non-turbulent lane lines. Bleacher seating is available for up to 1000 spectators along with ample deck space and bleacher seating for swimmers. The water depth of the competition is seven (7) feet three (3) inches measured from one (1) meter to five (5) meters at the starting end of the course and six (6) feet measured from one (1) meter to five (5) meters at the turn end of the course. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.</p> <p><b>Facility Rules:</b><br/> <b>*NO smoking is allowed inside the facility</b><br/> <b>*NO coolers allowed inside the facility</b><br/> <b>*NO glass containers allowed inside the facility</b><br/> <b>*NO food or beverages allowed on deck, in the locker rooms or in spectator areas</b><br/> <b>*NO folding chairs allowed in spectator area or on deck. Bleacher seating will be available.</b><br/> <b>*Spectators limited to designated areas</b><br/> <b>*Reserving seats between sessions is prohibited</b></p> |
| <b>Parking:</b>                                                                                      | <p>The lot immediately adjacent to the pool is <u>reserved</u> parking for coaches, officials, and TG meet personnel. A parking attendant will be stationed at the entrance and <u>only coaches and officials dressed to work with credentials will be allowed access, volunteers must present parking pass, coaches and officials dressed to work must present their credentials, no exceptions.</u></p> <ul style="list-style-type: none"> <li>• Parking on the ball fields or across the street at the church is prohibited. Cars parked in unauthorized areas will be towed at the owners expense.</li> <li>• RV overnight parking is prohibited.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Timing system:</b>                                                                                | Colorado 6 Timing system, 2 x 10 lane LED Scoreboards and Colorado Aquagrip touchpads.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Meet Schedule:</b>                                                                                | <p>Tuesday Timed Finals: Warm-ups 11:00 AM; Competition 1:00 PM<br/> Wednesday-Saturday Prelim: Warm-ups 7:00 AM; Competition 9:00 AM<br/> Finals: Warm-ups 4:00 PM; Competition 5:30 PM<br/> Sunday Open Water: See OW Meet Announcement</p> <p><b>Please see attached warm-up schedule for lane assignments.</b><br/> <b>Warm-up schedule prior to Tuesday events posted on Team Greenville website: <a href="http://www.tgswim.com">www.tgswim.com</a>.</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Rules:</b>                                                                                        | Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein. <b>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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 is strongly discouraged.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Athlete Eligibility:</b>                                                                          | Swimmers shall be currently registered, USA Swimming year-round athletes selected by their LSC.<br><b>Any 15-18 year old swimmer who has ever achieved the 2013 Summer Junior National Championship</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

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|                        | <p><b>Time Standard in any event (long or short course) prior to Monday, July 29 is ineligible for competition in the Southern Zone Age Group Championships. Minimum time standard to enter an event is an A time.</b></p> <p><b>A copy of the LSC's official selection procedure for this meet must be delivered at the general meeting.</b></p> <p>No entry will be accepted unless the swimmer is registered with USA Swimming and the LSC they represent. The complete USA Swimming Registration Number for each individual must be included with the entry file and all paperwork associated with it.</p> <p>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.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Age:</b>            | The age of the swimmer on the first day of the meet (July 30, 2013) will be their age for the entire meet.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Entry Fees:</b>     | <p><b>\$7.50 per individual event and \$10.00 per relay. All zone meet participants will incur a \$7.50 surcharge for entry into the open water meet, regardless of actual participation.</b></p> <p>Please make checks payable to: Team Greenville.</p> <p>All entry fees must be emailed or hand delivered and paid in full to the Meet Director prior to the conclusion of the general meeting on the first day of the competition.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Entry Limit:</b>    | <p><b><u>Each LSC is limited to:</u></b></p> <ul style="list-style-type: none"> <li>• 48 swimmers – Eight (8) females &amp; eight (8) males in each age group for 11-12, 13-14, and 15 -18 years.</li> <li>• Each LSC is allowed one relay per event.</li> <li>• There shall be a maximum of three (3) individual entries per event for the 400 Free, 400 IM and 800/1500 Free. There can be unlimited individual entries per event for all other events.</li> </ul> <p><b><u>Each swimmer is limited to:</u></b> 6 individual events for the meet and 3 events per day.</p> <p><b>DISABILITY INFORMATION:</b></p> <p>Each LSC may bring six (6) swimmers; 3 boys and 3 girls with disabilities who are 11 to 18 years of age; selected in any manner deemed appropriate and assisted by the Southern Zone Adapted Swimming Coordinator, if necessary. Swimmers' disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: a permanent physical or mental impairment that substantially limits one or more major life activities. These swimmers with disabilities are in addition to the permitted 48 swimmers and are not required to meet the time standards for their age group/events, however, they must provide a time for each event they enter. Swimmers with disabilities may compete in finals, earn awards and score points for their team in the same manner as the able bodied swimmers. Each swimmer is limited to six (6) individual events for the meet with no more than three (3) events per day.</p> |
| <b>Entry Deadline:</b> | All entries must be emailed to <a href="mailto:pixabugg@bellsouth.net">pixabugg@bellsouth.net</a> by <b>12:00 noon Eastern Standard Time on Monday, July 29, 2013</b> . No other form of entry will be accepted. Receipt of all entries will be confirmed by email.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Late Entries:</b>   | <b>No late entries- No substitutions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Voice Confirm:</b>  | It is the responsibility of each LSC to contact the voice confirmation number after e-mailing their entries to ensure that the entries have been received. Voice confirm number: 864-506-2016.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Entry Forms:</b>    | <p>Electronic entries are required and must be submitted using Hy-Tek SDIF format. Entries must include each swimmer's USA Swimming number, first and last name, age, seeding time to the 100th of a second and event number for each event entered. E-mailed entries must include an entry zip file, as well as a Word or PDF document export summaries listed below.</p> <p><b>E-Mail:</b> Send electronic entries to <a href="mailto:pixabugg@bellsouth.net">pixabugg@bellsouth.net</a>. E-mailed entries must also be accompanied by Word or PDF document export summaries of:</p> <ul style="list-style-type: none"> <li>• Individual entries by swimmer</li> <li>• Relays by event</li> <li>• Fee summary</li> </ul> <p>Make checks payable to Team Greenville. A list of coaches and chaperones (up to 12) shall accompany the team entry. Please submit a contact name, email address and phone number of the person submitting the entries in-case of questions.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

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| <b>Disability Entries:</b>                    | <p>Entries for swimmers with disabilities should be submitted on the attached entry form indicating preference for seeding, and highlighted on the hard copy of the LSC's meet entry. Classification of a swimmer with a disability is irrelevant. It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete. This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmers' needs and determine any modifications that may be required. This information will be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned. The meet referee shall determine an appropriate method of seeding an athlete into events.</p> <p>It is the responsibility of the USA Swimming Disability Swimming Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmers' responsibility to complete and submit an application for an American Record should one be set.</p> |
| <b>Code of Conduct:</b>                       | All athletes and coaches are required to sign the enclosed Code of Conduct in order to participate in the meet. Forms must be turned in to the Meet director at the General Meeting.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Format:</b>                                | <p><b>Prelims:</b> Chase starts will be utilized, swum fast to slow, alternating heats of women and men. Top eight swimmers from each event in the preliminary session will qualify for finals. There will be only one championship heat per event during finals. Eight lanes will be used for both prelims and finals. Additional information will be available at the General Meeting.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Distance Events:</b>                       | Tuesday afternoon events (400/ 800/1500 Free) will be deck seeded timed finals requiring positive check in by the end of the General Meeting. The 800/1500 Free will be swum together and scored separately. The 400/800/1500 Free will be swum fast to slow, alternating women and men.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Relays:</b>                                | All relays will be swum in the evening session as timed finals. Relay cards will be filled out at the meet and turned in to the Clerk of Course as specified by the Meet Referee at the General Meeting.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Seeding:</b>                               | Only long course (50 meter) times will be accepted for purpose of seeding. First day events 400/800/1500 Free will be deck seeded timed finals; positive check -in by the end of the general meeting. The heats in each event will be swum fastest to slowest, alternating women and men.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Scratches:</b>                             | <p><b>1. Prelims:</b> There is no penalty for scratches on the blocks in the preliminaries.</p> <p><b>2. Deck Seeded Events:</b> Swimmers who are checked-in, and then fail to compete, will be barred from their next individual event.</p> <p><b>3. Finals:</b> Swimmers who qualify for the finals and then fail to scratch or declare their intention to scratch, to clerk -of-course within thirty (30) minutes of the announcement of the finalists for that event, and then fail to scratch within thirty (30) minutes of their last event of that session and then fail to compete in the event in the finals, will be barred from <b>ALL</b> subsequent competition in the meet. (Exception: the Meet Referee may allow a swimmer to compete further, if based on his/her judgment, the swimmer was ill or the reason for missing the final was beyond the control of the swimmer).</p>                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Awards:</b>                                | <p><b>Individual events:</b> 1st-8th place medals.</p> <p><b>Relays:</b> 1st-3rd place medals.</p> <p><b>Team:</b> 1st place: "Champions Medals" &amp; 50 t-shirts; 2nd &amp; 3rd place: Plaque/Trophy.</p> <p><b>Age Group:</b> 1st place Women &amp; Men in each age group- trophy or plaque.</p> <p><b>Awards will be presented at the middle of finals session on Wednesday (after the 200 Breast), then at the beginning and middle (after 100 Free and 100 Breast) Thursday- Friday, and at the beginning, middle (after 50 Free) and end on Saturday.</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Scoring:</b>                               | <p><b>Individual Events:</b> 9-7-6-5-4-3-2-1</p> <p><b>Relay Events:</b> 18-14-12-10-8-6-4-2</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Disability Scoring:</b>                    | Events will be scored based upon the event with the highest number of entries. For example, if the 100 Free has 4 entries then scoring for all disability events are scored 5-3-2-1.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Charlene Craddock Sportsmanship Award:</b> | Medals and 50 swim caps will be awarded to the team who exhibits the highest level of sportsmanship throughout the meet. The winner will be decided by a vote during the last session of the competition. Each LSC, the meet director, meet referee and head starter will be entitled to one vote. A minimum of nine (9) votes will be required for selection.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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| <b>Medical Releases:</b>    | The Southern Zone and meet host recommend that the coach carry emergency medical releases for their athletes.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Credentials:</b>         | Credential Tags must be picked up at the registration desk. The registration desk will be open from 3:30-7:00 PM on Monday, July 29th and from 8:30 AM to 11:30 PM on Tuesday, July 30th . All officials and coaches will need to present a valid registration card to receive their credentials.<br><b>Replacement Credential Tags will be \$10.</b> Credential Tags must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. A maximum of 12 credential tags will be issued to each LSC for those coaches, managers and/or chaperones listed on the meet entry form. Credential Tags for media personnel must be arranged for in advance with the meet management staff. |
| <b>Captains:</b>            | Each LSC is required to designate at least one and no more than three athletes as captains. One captain must attend the general meeting.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>General Meeting:</b>     | There will be a mandatory meeting for all head coaches and at least one captain from each LSC on the first day of the meet, Tuesday, July 30, 2013 at 9:00 AM. Location TBA.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Parade:</b>              | The athlete parade will be on Friday prior to the Finals Session.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Meet Committee:</b>      | <b>The Meet Director and Southern Zone Age Group Chairman will appoint a meet committee. It will consist of: Meet Referee, Zone Age Group Chairman or his designee,</b> 3 coaches and 2 athletes from 5 different, randomly selected LSC's. This committee will have jurisdiction over technical protests with the exception of officials' judgment calls. The committee will follow the USA Swimming <i>Rules and Regulations</i> , the <i>Southern Zone Age Group Swimming Championships Meet Handbook</i> and the meet information letter at all times.                                                                                                                                                                                                                                    |
| <b>Liability:</b>           | This meet is held under the sanction of USA Swimming, issued by South Carolina Swimming, Sanction Number : SC13XXLC. No entry will be accepted unless the swimmer is registered with USA Swimming and the LSC they represent. The complete USA Swimming Registration Number for each individual must be placed on the team entry form. In granting this sanction, it is understood and agreed that USA Swimming, South Carolina Swimming, Team Greenville, Greenville Rec, and all meet officials shall be free from any liabilities or claims for damage arising by reason of injuries to anyone during the conduct of the event. Damage to the facility by any LSC teams or individuals from an LSC team, when proven, will cause the offender's LSC to be held accountable for repairs.    |
| <b>Officials:</b>           | The meet is approved as a national certification meet for officials. It is requested that any LSC with qualified officials, who are interested in working at the meet, please contact the Meet Director.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Coaches:</b>             | All coaches will be checked for their own USA Registration Card, and <b>each coach will be required to conspicuously wear their credentials at all times while working on deck or in hospitality.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Spectator Admission:</b> | All Meet Pass: \$40.00<br>Per Day Pass: \$10.00<br>Individual Session Pass: \$5.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Heat Sheets:</b>         | Prelims: \$20.00 - All days included+ timed finals<br>Finals: Free with coupon<br>Finals Individual Sales (no coupon): \$4.00 each day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Hospitality:</b>         | There will be a hospitality room open to all coaches and working officials (conspicuously wearing their 2013 USA Swimming registration card), and standard refreshments will be available at the concession stand.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Social:</b>              | There will be an athlete social following the timed final events on Tuesday. Details will be announced at the General Meeting.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

#### Important contact Information:

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| <b>Karen Alexander- Meet Director</b><br>5010 Six Mile Highway<br>Six Mile, SC 29682<br>864-506-2016 (cell)<br>864-868-2456 (home)<br><a href="mailto:pixabugg@bellsouth.net">pixabugg@bellsouth.net</a> | <b>Brian Dangelmaier- Zone Age Group Chairman</b><br>127 Varsity Circle<br>Arlington, Texas 76013<br>817-925-0505 (home)<br>817-274-9214 (fax)<br><a href="mailto:coachbrian@marswim.org">coachbrian@marswim.org</a> |
| <b>Tim Bauer- Zone Director- Coach</b><br>1601 Bonham Parkway<br>Lantana, Texas 76266<br>214- 697-4145 (home)<br>972- 539- 1591 (office)<br><a href="mailto:tmbswim@aol.com">tmbswim@aol.com</a>         | <b>Jay Thomas- Zone Director- Non Coach</b><br>301 SW 63rd Ter.<br>Plantation, Florida 33317<br>954-873-3370 (cell)<br>888- 782-4091 (fax)<br><a href="mailto:jaythomas@comcast.net">jaythomas@comcast.net</a>       |

# 2013 USA Swimming Southern Zone Age Group Swimming Championship

**July 30-August 4, 2013**

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC13103LC

## Order of Events

|                                        | <b>Tuesday</b>                                                                          | <b>Timed Finals 1:00 pm</b> |
|----------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------|
| <b>Event #</b> (Female Odd, Male Even) | <b>Age Group</b>                                                                        | <b>Distance/Stroke</b>      |
| 1-2                                    | 11-12                                                                                   | 400 Free*                   |
| 3                                      | 13-18                                                                                   | 800 Free*                   |
| 4                                      | 13-18                                                                                   | 1500 Free*                  |
|                                        | *The 400, 800, & 1500 Free will be swim fastest to slowest, alternating women then men. |                             |
|                                        |                                                                                         |                             |
| <b>Prelims 9:00 am</b>                 | <b>Wednesday</b>                                                                        | <b>Finals 5:30 pm</b>       |
| 5-6                                    | 11-12                                                                                   | 200 Free                    |
| 7-8                                    | 13-14                                                                                   | 200 Free                    |
| 9-10                                   | 15-18                                                                                   | 200 Free                    |
| 11-12                                  | 11-12                                                                                   | 50 Breast                   |
| 13-14                                  | 13-14                                                                                   | 200 Breast                  |
| 15-16                                  | 15-18                                                                                   | 200 Breast                  |
| 17-18                                  | 11-12                                                                                   | 100 Fly                     |
| 19-20                                  | 13-14                                                                                   | 100 Fly                     |
| 21-22                                  | 15-18                                                                                   | 100 Fly                     |
| 23-24                                  | 11-12                                                                                   | 400 Medley Relay**          |
| 25-26                                  | 13-14                                                                                   | 400 Medley Relay**          |
| 27-28                                  | 15-18                                                                                   | 400 Medley Relay**          |
|                                        | **All relays are timed finals and will be swum in the finals.                           |                             |
|                                        |                                                                                         |                             |
| <b>Prelims 9:00 am</b>                 | <b>Thursday</b>                                                                         | <b>Finals 5:30 pm</b>       |
| 29-30                                  | 15-18                                                                                   | 200 Back                    |
| 31-32                                  | 13-14                                                                                   | 200 Back                    |
| 33-34                                  | 11-12                                                                                   | 50 Back                     |
| 35-36                                  | 15-18                                                                                   | 100 Free                    |
| 37-38                                  | 13-13                                                                                   | 100 Free                    |
| 39-40                                  | 15-18                                                                                   | 400 IM                      |
| 41-42                                  | 13-14                                                                                   | 400 IM                      |
| 43-44                                  | 11-12                                                                                   | 400 Free Relay**            |
| 45-46                                  | 13-14                                                                                   | 400 Free Relay**            |
| 47-48                                  | 15-18                                                                                   | 400 Free Relay**            |
|                                        | **All relays are timed finals and will be swum in the finals.                           |                             |

# 2013 USA Swimming Southern Zone Age Group Swimming Championship

July 30-August 4, 2013

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC13103LC

## Order of Events

| Prelims 9:00 am | Friday                                                           | Finals 5:30 pm     |
|-----------------|------------------------------------------------------------------|--------------------|
| 49-50           | 11-12                                                            | 100 Back           |
| 51-52           | 13-14                                                            | 100 Back           |
| 53-54           | 15-18                                                            | 100 Back           |
| 55-56           | 11-12                                                            | 100 Breast         |
| 57-58           | 13-14                                                            | 100 Breast         |
| 59-60           | 15-18                                                            | 100 Breast         |
| 61-62           | 11-12                                                            | 100 Free           |
| 63-64           | 13-14                                                            | 400 Free           |
| 65-66           | 15-18                                                            | 400 Free           |
| 67-68           | 11-12                                                            | 200 Medley Relay** |
| 69-70           | 13-14                                                            | 200 Medley Relay** |
| 71-72           | 15-18                                                            | 200 Medley Relay** |
|                 | **All relays are timed finals and<br>will be swum in the finals. |                    |
|                 |                                                                  |                    |
| Prelims 9:00 am | Saturday                                                         | Finals 5:30 pm     |
| 73-74           | 11-12                                                            | 200 IM             |
| 75-76           | 13-14                                                            | 200 IM             |
| 77-78           | 15-18                                                            | 200 IM             |
| 79-80           | 11-12                                                            | 50 Free            |
| 81-82           | 13-14                                                            | 50 Free            |
| 83-84           | 15-18                                                            | 50 Free            |
| 85-86           | 11-12                                                            | 50 Fly             |
| 87-88           | 13-14                                                            | 200 Fly            |
| 89-90           | 15-18                                                            | 200 Fly            |
| 91-92           | 11-12                                                            | 200 Free Relay**   |
| 93-94           | 13-14                                                            | 200 Free Relay**   |
| 95-96           | 15-18                                                            | 200 Free Relay**   |
|                 | **All relays are timed finals and<br>will be swum in the finals. |                    |

**2013 USA Swimming Southern Zone Age Group Swimming Championship**  
**July 30-August 4, 2013**

**Schedule for Awards**

**Tuesday**

No Awards

**Wednesday**

Swim 200 Free

Swim 50 Breast

Swim 200 Breast

Awards for 400/800/1500 Free

Swim 100 Fly

Swim 400 Medley Relay

**Thursday**

Awards for 200 Free

Awards for 50 & 200 Breast

Awards for 100 Fly

Awards for 400 Medley Relay

Swim 200 Back

Swim 50 Back

Swim 100 Free

Awards for 200 Back

Awards for 50 Back

Awards for 100 Free

Swim 400 IM

Swim 400 Free Relay

**Friday**

Awards for 400 IM

Awards for 400 Free Relay

Swim 100 Back

Swim 100 Breast

Awards for 100 Back

Awards for 100 Breast

Swim 100 Free

Swim 400 Free

Swim 200 Medley Relay

**Saturday**

Awards for 100 Free

Awards for 400 Free

Awards for 200 Medley Relay

Swim 200 IM

Swim 50 Free

Awards for 200 IM

Awards for 50 Free

Swim 50 Fly

Swim 200 Fly

Swim 200 Free Relay

Awards for 50 & 200 Fly

Awards for 200 Free Relay

# **2013 USA Swimming Southern Zone Age Group Swimming Championship**

**July 30-August 4, 2013**

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC13103LC

## **Coaches:**

**Please use this checklist to make sure you return all the required items. This form must be filled out and included with your entry.**

\_\_\_\_\_ Financial Summary Form (including e-mail address).

\_\_\_\_\_ Hard copy of entries.

\_\_\_\_\_ Check for all fees (payable to Team Greenville).

**I certify that this entry is completed to the best of my ability and that all swimmers entered have achieved the entry time required in each event.**

\_\_\_\_\_  
**Coach's Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**LSC**

\_\_\_\_\_  
**Abbreviation**

# 2013 USA Swimming Southern Zone Age Group Swimming Championship

July 30-August 4, 2013

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC13103LC

## Meet Entry Summary Sheet

LSC \_\_\_\_\_ Abbreviation \_\_\_\_\_

Coach(s) \_\_\_\_\_

\_\_\_\_\_

LSC Contact Person \_\_\_\_\_

Home/Cell Phone Number \_\_\_\_\_ Work Phone Number \_\_\_\_\_

E-Mail Address \_\_\_\_\_

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

\_\_\_\_\_

Number of Swimmers \_\_\_\_\_ X \$7.50 Open Water surcharge per swimmer \$ \_\_\_\_\_

Number of Individual Events \_\_\_\_\_ X \$7.50 each \$ \_\_\_\_\_

Number of Relays \_\_\_\_\_ x \$10.00 each \$ \_\_\_\_\_

**Total Amount Enclosed** (checks payable to Team Greenville) \$ \_\_\_\_\_

I, the undersigned coach or LSC representative verify that all the swimmers and coaches listed on the enclosed entry forms are registered with USA Swimming. USA Swimming, South Carolina Swimming, Greenville County Recreation District, TG Timing, Team Greenville, its agents, employees, and coaches shall be held free from any liability or claim rising by reason of injury to anyone during the conduct of the meet.

Signature/Title \_\_\_\_\_

## 2013 USA Swimming Southern Zone Age Group Swimming Championship

### Warm-up Procedures

Pool will be open for general warm-ups during the following times before the meet begins:

- Monday 4:00-8:00 PM
- Tuesday 8:00-10:00 AM

| Lanes | Group 1     | Group 2            | Group 3        |
|-------|-------------|--------------------|----------------|
| 1     |             |                    |                |
| 2     | Georgia     | Mississippi        | Kentucky       |
| 3     | South Texas | Border             | North Carolina |
| 4     | Florida     | North Texas        | South Carolina |
| 5     | Gulf        | Florida Gold Coast | West Texas     |
| 6     | Louisiana   | Southeastern       | West Virginia  |
| 7     |             |                    |                |
| 8     | Disability  | Disability         | Disability     |

|                  | 1st warm-up | 2nd warm-up | 3rd warm-up |
|------------------|-------------|-------------|-------------|
| <b>Tuesday</b>   | Group 1     | Group 2     | Group 3     |
| <b>Wednesday</b> | Group 3     | Group 1     | Group 2     |
| <b>Thursday</b>  | Group 2     | Group 3     | Group 1     |
| <b>Friday</b>    | Group 1     | Group 2     | Group 3     |
| <b>Saturday</b>  | Group 3     | Group 1     | Group 2     |

#### Warm-up Times:

|                  |                                                                       |                                                                                                                                                                        |
|------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tuesday          | 11:00-11:30 PM<br>11:30-12:00 PM<br>12:00- 12:45PM<br>12:30- 12:45 PM | <b>Group 1</b> Warm-up<br><b>Group 2</b> Warm-up<br><b>Group 3</b> Warm-up<br>Lanes 1, 2, 7, 8 Pace lanes<br>Lanes 3 & 6 One Way Starts<br>Lanes 4 & 5 General warm-up |
| Wed-Sat Prelims: | 7:00-7:30 AM<br>7:30-8:00 AM<br>8:00-8:30 PM<br>8:30- 8:50 AM         | <b>Group 1</b> Warm-up<br><b>Group 2</b> Warm-up<br><b>Group 3</b> Warm- up<br>Lanes 1, 8 Pace<br>Lanes 2, 3, 6, 7 One Way Starts<br>Lanes 4 & 5 General Warm-up       |
| Wed-Sat Finals:  | 4:00-4:45 PM<br>4:45-5:15 PM                                          | Lanes 1-8 General Warm-up<br>Lanes 1 & 8 Pace Lanes<br>Lanes 2, 3, 6, 7 One Way Starts<br>Lanes 4 & 5 General Warm-up                                                  |

**\*\*Sprint and Pace Lanes will be added at the discretion of the Meet Referee.\*\***

**\*\*On Friday night, the day of the parade, the General Warm-up will end at 4:45 PM and the pool will close at 5:00 PM.\*\***

**\*\*The warm-up pool will be set up with lane lines and will be available during all sessions for general warm-up.\*\***

## 2013 USA Swimming Southern Zone Age Group Swimming Championship Travel Information

### Local Airport

Greenville-Spartanburg International Airport  
2000 GSP Drive, Suite 1  
Greenville, SC 29651-9202  
Conveniently located just 16 miles from WAC

### Additional Regional Airport

Jim Hamilton LB Owens Airport  
1400 Jim Hamilton Boulevard  
Columbia, South Carolina 29205  
Located 113 miles from WAC

### Regional Airports

Asheville Regional Airport  
708 Airport Road  
Fletcher, NC 28732-8620  
Located 49 miles from WAC

Charlotte/Douglas International Airport  
5501 Josh Birmingham Pkwy  
Charlotte, NC 28208  
Located 99 miles from WAC

### Car Rental Agencies

|                   |              |
|-------------------|--------------|
| Alamo             | 800/327-9633 |
| Avis              | 800/230-4898 |
| Budget Rent-A-Car | 800/527-0700 |
| Dollar            | 800/800-3665 |
| Enterprise        | 800/736-8222 |
| Hertz             | 800/654-3131 |
| National          | 800/227-7368 |
| Thrifty           | 800/847-4389 |

### DRIVING DIRECTIONS TO WESTSIDE AQUATIC COMPLEX

|                                            |                                                                                                                                                                                                                                                                                                         |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>From Asheville, NC</b>                  | Take I-26 E/US-74 E toward Hendersonville. Take exit 54 to merge onto US 25 South toward Greenville. Continue on US 25 By-Pass after Travelers Rest. Turn left on SC route 253. Westside Park and Aquatic Complex is one-half mile on the left.                                                         |
| <b>From Spartanburg, SC</b>                | Take I-85 South toward Greenville. Take the I-385 exit, EXIT 51C towards downtown Greenville. Go through town past the Hyatt on your left and County Library on your right. Take S.C. 183 towards Pickens. At S.C. route 253 turn left. Westside Park and Aquatic Complex is @ 1 mile on right.         |
| <b>From Columbia, SC</b>                   | Take I-26 West toward Greenville. Take exit 51 <b>I-385 N</b> continuing through downtown Greenville. Go through town past the Hyatt on your left and County Library on your right. Take S.C. 183 towards Pickens. At S.C. route 253 turn left. Westside Park and Aquatic Complex is @ 1 mile on right. |
| <b>From Atlanta, GA</b>                    | Take I-85 North toward Greenville. From Interstate 85 take exit 44 (White Horse Road, U.S. 25 By-Pass). Go north on 25 for approximately five miles. Turn right on S.C. route 253. Westside Park & Aquatic Complex is about one-half mile on the left.                                                  |
| <b>From Greenville/Spartanburg Airport</b> | Leaving Airport take I-85 South. Take the I-385 exit, EXIT 51C towards downtown Greenville. Go through town past the Hyatt on your left and County Library on your right. Take S.C. 183 towards Pickens. At S.C. route 253 turn left. Westside Park and Aquatic Complex is @ 1 mile on right.           |

## 2013 USA Swimming Southern Zone Age Group Swimming Championship

### Local Hotel Options

***Cut and paste this interactive website link into your browser for more information:***  
***[tinyurl.com/aor44pt](http://tinyurl.com/aor44pt)***

#### **Hampton Inn - Travelers Rest**

Special rate of \$89 per night. Free breakfast and WI-FI. For reservations, call (864) 834-5550 and reference "USA Swimming Block" or book on line at [www.greenvillesc.hamptoninn.com](http://www.greenvillesc.hamptoninn.com) and use the Group Code.

#### **Hyatt Regency**

Special rates of \$127 sgl/dbl, \$137 triple and \$147 quad occupancy. For reservations, call (864) 235-1234.

#### **Hyatt Place**

Special rate of \$92 per night. Free hot breakfast and WI-FI. For reservations, call (864) 232-3000 and reference "USA Swimming".

#### **Clarion Inn & Suites**

Special rate of \$70 per night. Free hot breakfast and WI-FI. For reservations, call (864) 254-6383 and reference "USA Swimming".

#### **La Quinta Inn & Suites - Haywood Rd**

Special rate of \$71 per night. Free breakfast and WI-FI. For reservations, call (864) 233-8018 and reference "USA Swimming".

#### **Comfort Inn Millennium**

Special rate of \$69.95 per night. Free breakfast and WI-FI. For reservations, call (864) 288-6900 and reference "USA Swimming".

#### **Drury Inn & Suites**

Special rate of \$85 per night. Free hot breakfast, hot food and cold beverages 5:30p.m. - 7:00p.m. and WI-FI. For reservations, call (800) 325-0720 and reference code "2171537".

#### **Holiday Inn Express - Woodruff Rd**

Special rate of \$89 per night. Free breakfast and WI-FI. For reservations, call (864) 678-5555 and reference "USA Swimming".

#### **Microtel Hotel - Woodruff Rd**

Special rate of \$75 per night. Free breakfast and WI-FI. For reservations, call (864) 297-3811 and reference "USA Swimming".

#### **Hampton Inn - Woodruff Rd**

Special rate of \$99 per night. Free breakfast and WI-FI. For reservations, call (864) 213-8200 and reference Group Code "SZA".

#### **Marriott Hotel**

Special rate of \$89 per night. Please contact Katherine Flanagan at (864) 679-1115 or [katherine.flanagan@marriott.com](mailto:katherine.flanagan@marriott.com) and reference "Southern Zone Age Group".

#### **MainStay Suites**

Standard rooms @ \$65 per night or upgraded room @ \$75 per night. Free breakfast and WI-FI. For reservations, call (864) 987-5566 and reference "USA Swimming".

## 2013 USA Swimming Southern Zone Open Water Championships

|                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                        |              |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|--------------|
| <b>Date of Meet:</b>        | August 4, 2013                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                        |              |
| <b>Meet Sanction:</b>       | Held under the sanction of USA Swimming issued by SC Swimming:<br>Sanction Number: SC13104OW                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                        |              |
| <b>Host Club:</b>           | Team Greenville                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                        |              |
| <b>Meet Directors:</b>      | Jacqueline Grossman                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | jelgrossman@gmail.com  | 864-646-8836 |
|                             | Victoria Montgomery                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | vicjmont@gmail.com     | 803-622-5299 |
| <b>Meet Referees:</b>       | Ken Christensen                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | kenchris2@gmail.com    |              |
|                             | Jim Keogh                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | jakeogh@att.net        |              |
| <b>Meet Entries to:</b>     | Karen Alexander                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | pixabugg@bellsouth.net | 864-506-2016 |
| <b>Safety Marshal:</b>      | Roy Dessloch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | coachroy@gcrd.org      | 864-220-0209 |
| <b>Facility:</b>            | Lake Jocassee Beach, Devils' Fork State Park, 161 Holcombe Circle, Salem, SC 29676. Water depth is dependent upon spring rains. Start will be 5-14 feet, remainder of the course up to 200 feet at the 2.5Kturn. Water temperature is expected to be in the low 80°F.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                        |              |
| <b>Rules:</b>               | <p>Meet to be conducted in accordance with the current USA Swimming Rules and Regulations and SC Policy and Procedures and information herein.</p> <p>All safety requirements will be enforced for the well-being of athletes.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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 is strongly discouraged.</p> <p>In the event of race abandonment, air horns and safety craft will direct the swimmers to shore. Once on the shore athletes will walk back to the start area where swimmers will be directed to cover and safety.</p>                             |                        |              |
| <b>Athlete Eligibility:</b> | <p>This meet is open to all current members of USA Swimming Southern Zone Team members and any other USA Swimming registered members of the Southern Zone. Age is determined by age on August 4, 2013.</p> <p>NO DECK REGISTRATIONS WILL BE ACCEPTED.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                        |              |
| <b>Entry Limit:</b>         | Each swimmer is limited to their age-group appropriate event.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                        |              |
| <b>Entry Fees:</b>          | <p><b>2013 Southern Zone Team Members:</b> All swimmers entered into the 2013 Southern Zone Meet will pay a \$7.50 entry fee. <i>Entry deadline for Zone teams is at the general meeting held on Tuesday, July 30, 2013.</i></p> <p><b>Southern Zone Members that are not entered in the 2013 Southern Zone Meet:</b> Individual entry fee is \$25.00. Checks for entry fees shall be made payable to <i>Team Greenville</i>. <i>Entry deadline for individual entries must be received by Friday, July 26 at 6pm.</i></p> <p>Name, phone number and email address of the person preparing entries shall be provided with the entries. Entry Fees for both meets shall be hand delivered to the Meet Director prior to the conclusion of the General Meeting at the Southern Zone Age Group Swimming Championships.</p> |                        |              |

|                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Meet Format:</b>         | <p>Both 5K and 3K races are out and back, swum along a buoyed line that follows the west shore of Lake Jocassee.</p> <p>Events are: 5K: for 13-14 and 15-18; 3K: for 11-12</p> <p>Race check-in: 7:00 am.<br/>Warm Up: 7:00 -7:30 am<br/>Race Technical Meeting: 7:30 am. This includes both distances.<br/>5K start: 8:00 am.<br/>3K start: 8:15 am.</p> <p>All swimmers who have not completed the course within 2 hours will be retired. If the water/air temperature is above USA-Swimming's Guidelines the 5K may be shortened.</p> <p>Safety boats will monitor the entire course. Water and a sports drink will be available on every boat on the course and at the turn. Swimmers must wear race cap, numbers on both arms and back for identification. Medical personnel will be at the site.</p> <p>All like-distances will be seeded as a single event, without regard to a swimmer's age or gender. Places, awards, and published results will be separate for each event, age group, and gender. Results will be included with the events of the pool events but scored separately.</p> <p>Meet Director reserves the right to change seeding if numbers of entries warrants changes. 1500 Free time will be used for seeding the 5K and 800 Free times for the 3K if needed.</p> |  |
| <b>Time of Meet:</b>        | <p>Event and Distance: 5K: 13-14 and 15-18 and 3K: 11-12<br/>Check-In 7:00 am<br/>Warm Up:7:00 – 7:30 am<br/>Pre-Race Meeting:7:30 am<br/>Event start not before : 5K – 8:00 am     3K – 8:15 am<br/>Estimated END OF EVENT: 11:30 am<br/>Estimated finish: 1:00 pm</p> <p>Warm-ups can be done as needed in guarded areas of the beach.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |
| <b>Entries:</b>             | <p><b>2013 Southern Zones Team entries</b> should be made by Hy-Tek. Entries must include each swimmer's USA Swimming ID number, first and last name, age, event number, 1500 Free time for the 5K or 800 Free time for the 3K. Emailed entries must include an entry zip file, as well as a Word or PDF document export summaries of individual entries by swimmer and fees. Please submit a contact name, email address and phone number of the person submitting the entries in-case of questions. Entry deadline for Zone Team members is at the general meeting held on Tuesday, July 30, 2013.</p> <p><b>Southern Zone Members that are not entered in the 2013 Southern Zone Meet</b> should use the entry form attached to this information. Entry form must be filled out completely. Entry deadline for non-Zone's Team swimmers is Friday, July 26, 2013, 6:00 pm.</p> <p>This event will be contested as timed finals and will be deck seeded.</p>                                                                                                                                                                                                                                                                                                                                 |  |
| <b>Awards:</b>              | Southern Zone Medals will be awarded to places 1-8 by gender and age group.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |
| <b>Scoring:</b>             | <p>The Top 16 Open Water swimmers will score in each age group and gender. The scoring will be as follows:<br/>Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <b>Timing:</b>              | Timing is done by stopwatch. Psych sheets will be posted near the start/finish line.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| <b>Coaches Eligibility:</b> | Coaches representing swimmers must be coach members of USA Swimming and must have their credentials visible at all times.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <b>Other Information:</b>   | Hospitality for athletes after their swim is provided. Concessions are available through Devils' Fork State Park, but may be limited.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |

# **2013 USA Swimming Southern Zone Open Water Championships**

**August 4, 2013**

**Lake Jocassee, SC**

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number: SC13104OW

## **Order of Events**

| <b>Event and Distance</b> | <b>Check-In</b> | <b>Warm-Up</b> | <b>Pre-Race Meeting</b> | <b>Event Start</b> |
|---------------------------|-----------------|----------------|-------------------------|--------------------|
| 15-18 and 13-14 5K        | 7:00 am         | 7:00–7:30 am   | 7:30am                  | 8:00am             |
| 11-12 3K                  | 7:00 am         | 7:00–7:30 am   | 7:30am                  | 8:15am             |

# 2013 USA Swimming Southern Zone Open Water Championships

August 4, 2013

Lake Jocassee, SC

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number: SC13104OW

## INDIVIDUAL EVENT ENTRY FORM (FOR NON-Southern Zone Team Members Only)

Please print neatly and clearly. Fill in all contact information should we need to reach you to resolve a discrepancy.

Include a legible copy of your 2013 USAS registration card and the \$25.00 meet entry fee payment. **You must be a member of the USA Swimming Southern Zone in order to compete.**

Event: 3K 800m Free Time: \_\_\_\_\_ 5K 1500m Free Time: \_\_\_\_\_

Gender: M F

Age Group 11/12 13/14 15/18

*Entry must be RECEIVED by 6:00PM Friday, July 26, 2013.* Enclose a legible copy of your 2013 USAS registration card.

Check or money order payable to Team Greenville.

In entering this meet it is understood and agreed that USA Swimming, SC Swimming, Team Greenville, Greenville County Recreation District, Devils' Fork State Park, meet sponsors and volunteers shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

PRINT NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE \_\_\_\_ (on 08/04/2013)

CLUB \_\_\_\_\_ LSC: \_\_\_\_\_

CLUB ABBREVIATION \_\_\_\_\_ ZONE: \_\_\_\_\_

DAY TEL (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

EVE TEL (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

Mail entries to:  
Karen Alexander  
Zone Age Group Championships  
5010 Six Mile Highway  
Six Mile, SC 29682

# 2013 USA Swimming Southern Zone Open Water Championships

August 4, 2013

Lake Jocassee, SC

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number: SC13104OW

## Directions to Devils' Fork State Park

From Westside Aquatic Complex (2700 W Blue Ridge Drive, Greenville, SC 29611)

To Open Water Venue (Lake Jocassee Beach, Devils' Fork State Park, 161 Holcombe Circle, Salem, SC 29676)

1. Head **southwest** on **W Blue Ridge Dr**  
toward **Cortez St**  
0.7 mi
2. Turn right onto **White Horse Rd**  
3.0 mi
3. Turn left onto **S Carolina 183/Farrs Bridge Rd**  
14.0 mi
4. Turn left onto **Jewell St**  
0.4 mi
5. Continue onto **S Carolina 183/E Main St**  
Continue to follow S Carolina 183  
1.3 mi
6. Slight right onto **Shady Grove Rd**  
7.8 mi
7. Turn right onto **S Carolina 133/Crowe Creek Rd**  
3.3 mi
8. Turn left onto **S Carolina 11 S/Cherokee Foothills  
Scenic Hwy**  
3.3 mi
9. Turn right onto **Boone Creek Rd/State Rd S-37-  
127**  
1.0 mi
10. Turn right onto **Jocassee Lake Rd/State Rd S-37-  
25**  
2.7 mi
11. Continue onto **Francis Falls Dr**  
322 ft
12. Continue onto **Jocassee Lake Rd**  
384 ft
13. Slight right onto **Holcombe Cir**  
243 ft

**Holcombe Cir**

Salem, SC 2967

Proceed to the right for bus parking. Signs  
and personnel at the Park will assist with  
directions.