



Team Information

May, 2016

WESTERN ZONE CONFERENCE CALL

LSC representatives please join us **Monday, May 23 at 7:00pm -9:00pm Pacific Time** for the Age

Group Western Zone Meet Conference call. You

may join the meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/307982741> You can also dial in using your phone. United States +1(224) 501-3212 Access Code 307-982-741 #

Team Block Lodging

We are encouraging all teams to use the event lodging. Parents, and other swimmer supporters, may also stay at these hotels, which are conveniently located no more than 15 minutes from the pool. Links to meet lodging as well as the team block application are available on the meet website (utahzones2016.com.)

The deadline for team block housing is 6/15.

Please note that SOME of the hotels listed are located right next to each other so teams could feasibly be split into two hotels but still easily drive together. Mapquest states that the time to the pool is between 12-15 minutes.

Tents – Follow Up and Additional Requests

As outlined in the April newsletter each LSC has been designated canopy tents. Should any team wish to add sidewalls to these tents and/or have a table and folding chairs these can be provided for an additional fee. The contact at the KOPFC facility for additional items is Steve 801-545-4111. The order form is included in this newsletter as an attachment.

Meet Entry File & Additional Info Required

The meet entry file has been posted on utahzones2016.com under the “News” tab and forwarded to each LSC contact.

Entry notes from the Meet Announcement:

Meet entries are due by 3:00pm MDT 8/03/2016.

Email SDIF entries and mail hard copy documentation and checks to meet entry contact. Use of express mail is recommended for accompanying paperwork and checks.

Meet Entry Contact: Erin Callaway

Email: elcallaway@gmail.com

Phone: 801-709-3183

Address: 2021 Lone Spruce Ct Draper, UT 84020

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Receipt of entries is not considered confirmed until the LSC team entry representative receives official confirmation from the meet entry contact. If the LSC team entry representative does not receive an email confirming receipt of entries within 24 hours of the meet entry deadline, please contact the meet entry contact immediately. Coaches should bring a hard copy of electronic entries to the meet to address any entry issues.

TEAM SUPPORT PERSONNEL COUNT: Please submit the number of currently registered (as of the meet) USA Swimming coaches, team manager(s) and chaperones that will be accompanying the team with the team entry submission.

Fees

INDIVIDUAL EVENT: \$9.00 per individual event (\$4.00 to Zone Treasury) **RELAY EVENT:** \$16.50 per relay (\$4.00 to Zone Treasury)

Please make all checks payable to Utah Swimming.

ADDITIONAL COPIES, COUNT & FEE: If team is sending more than six (6) coaches, an additional copy fee of \$5 per each additional coach is required to pay for session sheets. (More details in COACH SESSION HEAT SHEETS section) Please include additional coach count and fee with team entry.

Rocky the Raptor T-Shirts

We have had requests to release the following Rocky Raptor artwork so LSC's can work with local vendors to print their team Opening Ceremonies T-Shirt. We are providing the following image. A jpeg version of the image is available under "news tab" utahzones2016.com for LSC's to download and share with their respective vendors.



The hashtag **#SwimUnited** will be used by USA Swimming extensively throughout the summer and during the Olympic Games. We ask that the image of Rocky is not altered and that the # is part of the design. Additional text may be added. We are hoping each LSC will consider selecting a unique color (i.e. one different from other teams) and offer up the following list as a guideline.

LSC Color Guidelines

LSC	Color	LSC	Color	LSC	Color
Alaska	Navy Blue	Inland Empire	Pink	Pacific Swimming	Tye Dye
Arizona	Bright Yellow	Montana	Light Blue	Pacific Northwest	Green
Central California	Neon			San Diego Imperial	Neon
Colorado	Lime Green	New Mexico	Orange	Sierra Nevada	Lemon
Hawaii	Red	Oregon	Purple	Snake River	Light Orange
Southern California	Tye Dye	Utah	White	Wyoming	Grey

Team Box Lunch/Dinner Info

Box lunches are available: Tuesday for dinner, Wednesday through Friday for lunch and dinner, and Saturday for lunch.

All tax and delivery fees are included in the price. The order form and options are included in the attachments and posted on the utahzones2016.com website under the "Team information" tab.

All orders need to be emailed to Sheila Homer at turtle2277@hotmail.com by Monday August 8th by 5:00pm.

The contact name and number listed on the form will be contacted by text when the order has arrived, you can pick up your order at the credentialed entrance to the athlete village.

Payment method is check: Make them out to Utah Swimming

Checks are due when your team manager checks in at the Clerk of Course on August 9.

Delivery time for lunch is 11:30am-12:30pm. For dinner it is 5:00pm- 6:00pm.

We encourage you to take advantage this ordering system because it, like the lodging, provides a win/win situation.

Teams can quickly and easily feed their athletes quality food and can also help to fund meet activities.

Officials

All officials are welcome, wanted and encouraged to work the meet. More information is available in the meet announcement and on the meet website: utahzones2016.com. Please share the Frequently Asked Questions document in the attachments with your LSC officials.

All LSC's are requested to provide at least one deck or admin official for the duration of the meet. (Western Zone Policy)

Timers

All timers and other meet worker volunteers are welcome, wanted and encouraged to work the meet. More information is available in the meet announcement and on the meet website: utahzones2016.com.

All LSC's are requested to provide lane timers for one lane (3 timers) for the duration of the meet. (Western Zone Policy)

Please ensure your timers check in at the volunteer table at the beginning of warm-ups. The volunteer table will be located in the main building near the hospitality area. (See Competition Area Map)

Revised Meet Information

The Meet Announcement has been updated with the contact info of the new WZ Officials Chair and is available at utahzones2016.com.

DEADLINES

LSC LOGO FILE to sawinter@me.com-----5/30/16

Team Block Lodging -----6/15/16

Assigned Position Application Deadline for Officials _____ 6/15/16

OMP Housing-----6/30/16

Please contact your local LSC Officials Chair for more information.

Officials Block Lodging Reservation Link Closes _____ 7/10/16

Any remaining rooms will be released to the general meet lodging link

Meet Lodging Reservation Link Closes _____ 7/18/16

Officials Applications and Request For Evaluation-----7/20/16

Please contact Kristen Fox bknfox@comcast.net

Volunteer Online Sign-up (Guaranteed T-shirt Size) _____ 7/26/16

Walk-ons still welcome and may still be able to receive shirt on first-come, first-served basis

Warm Up Schedule-----7/29/16

Please contact the Meet Director Cathy Vaughan cathvaughan@gmail.com any time prior to this deadline to schedule warm- up times for Monday afternoon 8/8 or Tuesday 8/9. (FYI: Prelim warm ups will also be scheduled by team.)

Zone Business Dinner-----7/29/16

Please email Josh Williamson attendee names and emails. Forms available on meet announcement.

Meet Entries-----8/03/16

RSVP for Athlete Celebration (Dinner & Social) _____ 8/03/16

Boxed Lunches/Dinner Orders-----8/08/16

STILL Needed From Each Team

The following is needed from each team. Please email the meet director (cathvaughan@gmail.com) by May 30h.

- High Quality, Digital LSC logo image
- Name & email address of LSC SWIMS database results processor
- Names & email addresses of the “four people designated by the LSC” to receive results (Western Zone Policy)
- Name & contact info of the LSC permanent office (if applicable, and results are not already being emailed)





2016 Western Zones

Event Rental Order Form

It is recommended you submit your order as early as possible to ensure all items are available. Please fax orders to: Attn: Steve Cook 801.966.3670 or e-mail to: scook@kopfc.com or mail to: KOPFC, Attn: Steve Cook, 5624 South Cougar Ln, Kearns UT 84118. Payment must be received before your order can be processed. Accepted forms of payment: Checks made payable to KOPFC, VISA, AMEX, MasterCard & Discover. If you have questions or want to order something not on the list please call Steve at 801.545.4111.

Item #	Description	Price	Qty	Total
S-10	8 x 10 Sidewall	\$20.00		
S-20	8 x 20 Sidewall	\$40.00		
S-30	8 x 30 Sidewall	\$60.00		
Tbl8	8 Ft table	\$10.00		
C-1	Folding chair	\$1.50		

Credit Card order information:

Order Total \$ _____

Circle One: Visa / Mastercard / AMEX / Discover

Acct#: _____ exp: ____ / ____ Zip Code: _____

Cardholder: _____ Signature: _____



Note: Due to safety, liability and event management concerns, no outside team canopy tents and rental equipment will be permitted at event site.

Frequently Asked Questions From Parents



1. What is the Western Zone Age Group Championship Meet?

The Western Zone Age Group Championship is a USA swimming four day championship swim meet for approximately 700 athletes ages 8-14 from 14 western states. Athletes compete on one of 17 “all-star” teams from their state or region. Athletes, coaches, officials, team support personnel, families of swimmers, spectators, meet volunteers, zone and national swimming leadership attend a variety of event activities.

2. When and where is the 2016 meet being held?

Website: utahzones2016.com

Date: August 10-13, 2016

Location: Kearns Oquirrh

Park Fitness

Center

5624 S. Cougar

Lane Kearns, UT

84118

Meet Motto: Swim Your Passion

3. How many States / LSC's compete in the Western Zone?

There are 14 States that represent 17 LSC's (Local Swim Committees).

4. Where do I go to find out information on how to apply for the meet?

Each LSC has its own guidelines, application process and procedure for athletes planning to attend Zones. Please click on your LSC for information and guidelines regarding applying for this meet. For general information please visit utahzones2016.com.

USA Swimming Western Zone LSC's

- [Alaska](#)
- [Arizona](#)
- [Central California](#)
- [Colorado](#)
- [Hawaii](#)
- [Inland Empire](#)
- [Montana](#)
- [New Mexico](#)
- [Oregon](#)
- [Pacific Swimming](#)
- [Pacific Northwest](#)
- [San Diego Imperial](#)
- [Sierra Nevada](#)
- [Snake River](#)
- [Southern California](#)
- [Utah](#)
- [Wyoming](#)

5. What are the time standards and how many “q” times must my swimmer have to participate in Zones?

You can find the 2016 time standards at utahzones2016.com under the *Time Standards* Tab. Each LSC has its own guidelines regarding the number of “q” times a swimmer must have to be eligible to attend the meet.

6. I have heard that if a swimmer only qualifies for a few events that they may be eligible to have “bonus” swims. If so how many?

This again is determined by each individual LSC. Please refer to your specific LSC for guidelines on this matter.

7. If my swimmer ages up during the meet will they participate in their new age group?

The swimmer’s age on the first day of the meet determines the age group in which they will compete for the entire meet.

8. Are there opportunities to volunteer during the meet?

Western Zone policy encourages each LSC to provide 3 timers and at least 1 deck or admin official for all eight sessions. We would be delighted to have more. You may go to the utahzones2016.com and click on the *Volunteers* tab for more information or to sign up. Volunteers working at least two sessions will receive Rocky the Raptor T-Shirt. Other incentives are available for working more.

9. Is lodging available?

Yes, local hotels have partnered with the meet to offer close lodging at a great price through July 18th (or when full.) The meet website: utahzones2016.com has a link. Click on the *Plan Your Trip/Hotels* tab at the top of the page. (NOTE: A few additional rooms MAY be made available via the link after July 11th if meet officials do not use all rooms reserved.)

10. Can you buy coffee and be served alcohol in Utah?

Absolutely. Starbucks and many other local coffee shops do a thriving business here in Utah. Most restaurants have a licensed bar.

11. What is the address for the pool? Where do visitors park at the pool facility? Are facility maps available?

Kearns Oquirrh Park Fitness Center 5624 Cougar Ln, Salt Lake City, UT 84118. Parking for swim meet spectators is designated at the south entrance to the KOPFC facility. There will be signs along Cougar Lane and 4800W showing the entrance. For details, please see Event Site Layout Map on the meet website. (utahzones2016.com) located in *Meet Announcement tab*.

12. Do you have any suggestions on potential places to extend our stay and vacation in Utah?

Utah is home to several phenomenal national parks and recreation areas. Arches, Canyonlands, Capitol Reef and Moab are popular destinations. If you are interested in dinosaurs please take the time to visit the Natural Museum of History in Salt Lake City. We look forward to welcoming you and your family. The meet website, utahzones2016.com, has many excellent recommendations on what to do and see during your time in Utah. Click on the *Plan Your Trip/Hotels* tab towards the top of the page.

Frequently Asked Questions - Officials



1. What is the Western Zone Age Group Championship Meet?

The Western Zone Age Group Championship is a USA swimming four-day championship swim meet for approximately 700 athletes ages 8•14 from 14 western states. Athletes compete on one of 17 “all-star” teams from their state or region. Athletes, coaches, officials, team support personnel, families of swimmers, spectators, meet volunteers, zone and national swimming leadership attend a variety of event activities.

2. When and where is the 2016 meet being held?

Website: utahzones2016.com

Date: August 10•13, 2016

Location: Kearns Oquirrh Park Fitness Center
5624 S. Cougar Lane Kearns, UT 84118

Meet Motto: Swim Your Passion

3. How many States / LSC's compete in the Western Zone?

There are 14 States that represent 17 LSC's (Local Swim Committees) See List below

USA Swimming Western Zone LSC's

ī Alaska	ī Inland Empire	ī San Diego Imperial
ī Arizona	ī Montana	ī Sierra Nevada
ī Central California	ī New Mexico	ī Snake River
ī Colorado	ī Oregon	ī Southern California
ī Hawaii	ī Pacific Swimming	ī Utah
ī	ī Pacific Northwest	ī Wyoming
	ī	

4. I've heard officials need to apply to work the meet. Why?

The application process allows for advance planning, including mapping out deck positions and shirt orders. This level meet requires a large number of officials to run effectively.

5. Where do I go to find out more about the meet and how to apply to officiate?

Application forms and the meet announcement, which has extensive information for officials on pages 10-11, are available at: utahzones2016.com. Questions may be directed to Team Lead Chief Judge Kristin Fox bknfox@comcast.net

6. Is there an application deadline?

Yes. It is **June 15** for the assigned positions of Deck Referees, Starters & Chief Judges (FYI: Often 6 of each position are used at each session so please sign up for one (or more) of these positions if qualified) and **July 20** for stroke and turn positions and Requests for Evaluation. (NOTE: Applications greatly aide meet planners and are very much appreciated, but don't stay away just because you missed the deadline.)

7. How will I know if I've been accepted to officiate the meet?

Acceptances for assigned positions will be sent on or about July 1st; all others will be sent on or about July 23rd (we won't turn anyone away!). If not contacted by July 25, contact Kristin Fox bknfox@comcast.net

8. Can you explain what a “National Official Qualifying Meet” is?

This meet and other “national level” meets are called: Officials Qualifying Meets, or OQM's. This means the meet is approved by USA-Swimming as an event where national level certifications can be obtained. Officials may apply to be mentored. National level evaluators are available to observe, mentor and certify. The mission of the USA-

Swimming National Certification program is as follows: To develop officials who are competent, current and consistent from the LSC level meet to the highest level in our sport through a progressive training program based on an accumulation of experience acquired by specific meet attendance, mentoring and constructive evaluation. More information is available on the [USA Swimming website](#).

9. Do officials need to already be nationally certified to apply to work this meet?

No, but they must be current members of USA Swimming and an LSC certified official.

10. Do officials have to be observed by an evaluator?

No. Evaluations are done on a voluntary basis. The application form has a section that allows officials to indicate their interest in being evaluated. Please don't let the fact that evaluations occur discourage involvement.

However we strongly encourage all officials, especially locals, to take the opportunity to get additional training and mentoring. It is rare to have an OQM in Utah and the process is extremely helpful. In the end, it is the swimmers who benefit when officials are well-trained and experienced.

11. How many officials participated in Age Group Zones meet in Hawaii last year?

More than 85! This included over 10 Chief Judges (5 per session), 12 starters and 12 Deck Referees and a ton of stroke and turn officials. Your help is greatly needed!

12. Are there a minimum number of sessions officials need to work in order to participate?

No, however a minimum of 4 sessions is required in order to be evaluated for national certification. It takes many volunteers to run a successful meet. The application form includes an area to select the session(s) that will be worked. This greatly aids planning. However, walk-on officials will also be gladly received the day of the meet. Your help is needed.

13. Is there financial assistance to help offset travel expenses of officials who work at least 80% of the meet?

Yes. The Western Zone has 2 programs to help officials with travel expenses. Contact your LSC Officials Chair for more information. (Links to each LSC website are available on the first page.)

- **Officials Mentoring Program (OMP):** Provides free lodging for up to 2 officials from each LSC. These officials (one to act as mentor and the other, one with strong potential) are designated by the LSC Officials Chair by June 30th to receive meet provided lodging.
- **Officials Reimbursement Fund:** Provides some reimbursement assistance to those who are not receiving funding benefit from another source, like the OMP.

14. Are there discount hotel accommodations available for officials and if so, whom do I contact?

Yes! We are pleased to be able to offer a large number of discount hotel rooms to all officials **up to July 10th**. For a link to the discounted lodging and more information contact either Adam Caldwell adam@binghamsnow.com or Kristin Fox bknfox@comcast.net

15. Is carpooling and/or coordinating transportation with other officials flying in for the meet an option? Yes. If

interested, email flight and hotel information to Kristin Fox bknfox@comcast.net and she will share it with other officials wanting to participate so carpooling may be coordinated.

16. Any other freebies for officials?

Yes. An educational clinic is available for all officials, whether or not they work the meet: Tuesday, August 9th 6:30-8:30 pm in the World Record Lounge, Utah Olympic Oval: 5662 Cougar Ln, Salt Lake City, UT 84118 (Adjacent to pool. Location of meet General Meeting.) Topic: *How Rules are Made & Change (1st) & Managing the Meet (2nd half)*





2016 Zone Box Lunch & Dinner

Team _____ Name _____ Contact Name__ Cell Phone #____

Box lunches are available: Tuesday for dinner, Wednesday through Friday for lunch and dinner, and Saturday for lunch.

All tax and delivery fees included in the price.

All orders need to be emailed to Sheila Homer at turtle2277@hotmail.com by Monday August 8th by 5:00pm.

The contact name and number listed above will be contacted by text when your order has arrived, you can pick up your order at the entrance to the athlete village.

Payment method is check: Make them out to Utah Swimming

Checks are due when your team manager checks in at the Clerk of Course on August 9.

Delivery time for lunch is 11:30am-12:30pm. For dinner it is 5:00pm- 6:00pm.

DATE	RESTAURANT	MENU ITEMS	# of Item for Lunch	# of Item for Dinner	PRICE	Amount owed
Tuesday August 9	Rumbi Island Grill	Chicken Bowl with white rice	X		\$9.00	
		Chicken bowl with brown rice	X		\$9.00	
		Pork bowl with white rice	X		\$9.00	
		Pork bowl with brown rice	X		\$9.00	
		Steak bowl with white rice	X		\$10.00	
		Steak bowl with brown rice	X		\$10.00	
Wednesday August 10	Jimmy John's: Box meals include chips, cookie, and pickle spear	Ham and cheese sub			\$11.00	

Western Age Group Zones Championship 2016

DATE	RESTAURANT	MENU ITEMS	# of Item for Lunch	# of Item for Dinner	PRICE	TOTAL
		Turkey sub			\$11.00	
		Italian sub			\$12.00	
Thursday August 11	Zupas Café	Strawberry Harvest Salad with Chicken (large): comes with bread and a cookie			\$9.00	
		Honey Bacon Club: comes with garden chicken chop salad and a cookie			\$11.00	
		Turkey Bacon Avacado Club: comes with garden chicken chop salad and a cookie			\$11.00	
Friday August 12	Kneaders: Sandwiches come with Side salad, chips, and cookie.	Turkey sandwich			\$15.00	
		Roast Beef sandwich			\$15.00	
		Ham Sandwich			\$15.00	
Saturday August 13	Jimmy John's: Box meals include chips, cookie, and pickle spear	Ham and cheese sub		X	\$11.00	
		Turkey sub		X	\$11.00	
		Italian sub		X	\$12.00	

Contact Sheila Palmer with questions (801) 598-9692 or turtle2277@hotmail.com