



Welcome to the 2025 Long Course Zone Team information page, please spend some time reading this information to fully understand our Zone Team selection for 2025.

Meet Location- Collegiate School Aquatic Center, 5050 Ridgedale Parkway Richmond, 23234

Competition- Wednesday, August 6th through Saturday, August 9th

Means of Travel:

9–10-year-old athletes, this is a Family/Parent Travel meet.

Family/Parent Travel -This meet requires the athlete's family to transport their athlete to and from the meet in all sessions that they are entered in for individual and relay events. It is understood by submitting an application that your athlete will be present for the **entirety** of all required sessions and scheduled practices. Athletes are invited and encouraged but not required to attend daily team warm-ups on the days they are not entered to swim.

The team fee for our 9–10-year-old athletes is \$275.00. The team fee covers team expenses and required uniform. The credit card used for the application deposit will be charged for the final balance soon after Age Group Champs.

There is a courtesy room block available at the team hotel for our 9–10-year-old athletes and families that will be made available after the team is set. The room rate is \$145.00 per room; all rooms are double doubles. The hotel also offers complimentary self-parking and wi-fi. Reservations are first come first served. Athletes are not obligated to stay at the team hotel.

11–14-year-old athletes, this is a Team Travel meet:

Team Travel - This meet is a Virginia Swimming team travel meet for 11–14-year-olds, leaving **Tuesday, August 5th.**

Lodging- 11–14-year-old team members must stay at the team hotel. No guests are permitted to visit during the trip at the hotel. Occupancy maximum is 4 per room.

It is understood by submitting an application that all participants agree that they will remain with the team from the beginning until the end, beginning is defined as arriving at the Collegiate School Aquatic Center on Tuesday, August 5th by 1:30pm and remaining until the meet has concluded; meet conclusion is after their finals session on Saturday, whether they have events to swim that day or not. For planning purposes only and subject to change, athletes will be released around 7:00pm. Under no circumstances will participants be released prior to the above standards. There are no exceptions to this policy. The above times are subject to change as meet timelines are developed. Please ensure your athlete is picked up on time. A team fee is assessed for the meet that includes transportation, lodging, meals, meet entry fees, and the required uniform package. **The team fee for our 11–14-year-olds is \$575.00.** The credit card used for the application deposit will be charged for the final balance soon after Age Group Champs.

Team practices for all team members:

Mandatory Team Practice and Uniform Distribution – Sunday, August 3rd at 2:00pm Nova Aquatics, Gayton 12207 Gayton Road Richmond Va 23238.

Mandatory Team Picture and Practice - Tuesday, August 5th at 1:30pm, Collegiate School Aquatic Center, 5050 Ridgedale Pkwy 23234

Eligibility: All athletes 9-14 years old must be current premium members of Virginia and USA Swimming. Age is determined on the first day of the competition, August 6th, 2025.

Eligibility of athletes with qualifying times for higher level meets:

Any athlete who has competed at any of the below meets in an individual event are ineligible to enter and compete at an EZ LC AG Championship Meet.

- USA Swimming National Championship
- USA Swimming Spring National Championship
- US Open
- USA Swimming Summer Junior National Championship
- USA Swimming Trials Class Meet

12- and younger athletes who have earned qualifying time but have not competed in any of the above meets and USA Swimming Winter Junior National Championship may enter and compete at EZ LC AG Championship Meets with no restrictions.

*13-and older athletes who have achieved a qualifying time in an individual event(s) for USA Swimming Winter Junior National Championship but have not competed at USA Swimming Winter Junior National Championship **may enter and compete in prelims** in the individual event(s) that they have the Winter Junior National Championship qualifying time in at EZ LC AG Championships, additionally, they may NOT swim those strokes/distances on relays. They may compete in other races that they have the EZ qualifying time in with no restrictions.

*Athletes with an NSCA, ISCA, Futures or Sectionals qualifying time is eligible to take part in Zones. No relay only swimmers are permitted.

How to qualify: The Qualifying period began on August 6, 2024 and concludes on Sunday, July 27, 2025.

1. An applicant with three [2025 Eastern Summer Zone qualifying times](#), (the qualifying times are the same as 2024) short or long course or a combination thereof, during the qualifying period will earn a place on the team. If an athlete has earned the qualifying time in long and short course for the same race, they may only use the long course time to qualify for the team. Athletes may swim up to 3 events per day with a maximum of eight during the entire meet.
If an athlete exceeds the maximum per day/meet the head coach will determine what events will be dropped.
2. An athlete must take part in a Virginia Swimming sanctioned 2025 Long Course Championship Meet in an individual event, (Long Course District Champs, Long Course Age Group, Long Course Senior Champs).
3. Relay lead off splits may be used to qualify for the team. Intermediate splits from Long Course Age Group Champs in an individual event may also be used to qualify. During Long Course Age Group Champs coaches must notify the meet referee and administrative referee their athlete's desire to use their intermediate split times for Zone Team qualification within 30 minutes of the conclusion of the session in which the race was swam. This procedure must be followed for the desired intermediate split times to be included.

Application - Any athlete interested in participating must have an online application completed along with the \$100.00 team fee deposit submitted no later than Wednesday, July 23rd, at 6pm. Athlete application is posted to the Zone Team page.

Refund Policy:

- If in the event an athlete applies to attend Zones and during the course of the season achieves a time standard (USA Swimming National Championship, Spring Championship, Summer Junior

National, US Open or Trials class meet) that would disqualify him/her, the trip fee deposit will be refunded. NSCA, ISCA, Futures, Sectional or USA Winter Junior qualifying times do not disqualify an athlete from taking part in Zones.

- If an athlete applies and earns a place on the team and opts out, the trip fee is forfeited.
- If an athlete applies and falls short of qualifying, the trip fee deposit will be refunded. Refunds are credited to the credit card used to apply soon after Age Group Champs.

Meet Support: Parents, this is an opportunity for you to support our athletes as an official, timer and chaperone. Your support and help are greatly appreciated and required for us to take part. It takes the work of many to make this meet successful. We will be required to provide timers for this meet. If you are attending, please make yourselves available to assist in this capacity. Chaperone information and application will be posted to the Zone Team page.

Inquiries and Communication: Team emails will be the primary means of communication. When applying, please ensure for email address accuracy and the appropriate individual/s receive the emails and team updates.

Additional email addresses can be included in your application at any time. If you have questions or need more information, please contact the Zone Team Manager at Zoneteammgr@virginiawimming.org.

Team Outfitting: PLEASE READ CAREFULLY!

All team members must include sizing at time of application submission for the team.

The required uniform consists of the following:

- 1 Warm up jacket with embroidered name
- 1 Navy blue short sleeve T-shirt
- 1 Red short sleeve T-shirt
- 1 White short sleeve T-shirt
- 1 Light blue short sleeve T-shirt
- 1 pair of boys or girls shorts
- 1 pair of sweatpants
- 2 latex swim caps

1 Virginia Swimming Zone Team towel

Optional items:

Speedo Teamster Backpack with embroidered name	\$75.00
Virginia Swimming Zone Team Parka	\$150.00
Virginia Swimming Zone Team Beanie	\$18.00

For 12 and younger athletes only optional team suit.

This is an optional item for our younger athletes and may be ordered through the team portal.

Girls' tank \$74.00

Boys' jammer \$51.00

To ensure there is enough inventory for all team members only one of each item will be distributed per member. Please ensure uniform pieces get labeled with athlete's name. Caps are included in the trip fee and distributed at the meet. Only current uniform attire is permitted at the meet. No club team attire is permitted.