



# 2018 Western Zone Age Group Championships August 8-11, 2018

*Host: California Capital Aquatics*



Swimmers who are 2018 USA Swimming year-round Athletes registered in a Western Zone LSC who are not older than 14 years of age as of August 8, 2018 and are designated by their LSC to participate are eligible to enter this meet through their LSC zone meet team. (See eligibility section for additional details and possible restrictions.)

All entries shall be submitted **only** by the LSC using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file. The SDIF file must be received by:

**3:00 PM (PST) Wednesday, August 1, 2018.**

<b>SANCTION</b>	This meet is held under the sanction of USA Swimming through Sierra Nevada Swimming <b>24-18</b> ; Officials Qualifying Meet (OQM) <b>#pending</b>
<b>LOCATION</b>	Roseville Aquatics Complex (The RAC) 3051 Woodcreek Oaks Blvd Roseville, California 95747 <a href="http://www.roseville.ca.us/parks">www.roseville.ca.us/parks</a> Emergency calls the day(s) of the meet: (916) 772-7529
<b>EVENT PERSONNEL</b>	<p><b>Meet Referee:</b> Vicki Marsh (SR) 208-995-6029 Email: <a href="mailto:vicki50marsh@gmail.com">vicki50marsh@gmail.com</a></p> <p><b>Administrative Referee:</b> Steve Covington (SN) Email: <a href="mailto:stevecov@comcast.net">stevecov@comcast.net</a></p> <p><b>Team Lead-Chief Judge:</b> Chris Miller (IE) Email: <a href="mailto:chjj3or@gmail.com">chjj3or@gmail.com</a></p> <p><b>Team Lead-Starter/Deck Referee:</b> Dana Covington (SN) Email: <a href="mailto:danacov@comcast.net">danacov@comcast.net</a></p> <p><b>National Evaluator:</b> Bill Rose (SN) Email: <a href="mailto:cbrose@omsoft.com">cbrose@omsoft.com</a></p> <p><b>Co-Meet Director (Administrative):</b> Denna Culpepper (SN) 916-208-5751 Email: <a href="mailto:dennac@snswimming.org">dennac@snswimming.org</a></p> <p><b>Co-Meet Director (Operations):</b> Mitchell Satz (SN) 408-687-7625 Email: <a href="mailto:meetdirector@ccaswimming.org">meetdirector@ccaswimming.org</a></p> <p><b>WZ Meet Championship Coordinator:</b> Cathy Vaughan (UT) 801-368-0356 Email: <a href="mailto:cathvaughan@gmail.com">cathvaughan@gmail.com</a></p> <p><b>Hy-Tek Computer Operator:</b> Mark Brown (SN) Email: <a href="mailto:mark.brown.15@gmail.com">mark.brown.15@gmail.com</a></p>

<b>FACILITY</b>	Outdoor, heated 9-lane, 50-meter course with touch pads at both ends. In accordance with 202.4.10C, the competition course has a pool depth at the start end of 13ft at 3' 3 1/2" and 12ft at 16'5" and at the turn end is 4' 6" at 3' 3 1/2" and 4'6" at 16' 5". An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down. Colorado Starting, Timing and updated Full Color Matrix Scoreboard will be used. The newly renovated deck includes 18 Spectrum Dual Post Infusion Starting Blocks with optional backstroke start device (ledge). Locker rooms and rest areas are available at the West and East ends of the facility. The competition course has been certified in accordance with <b>104.2.2C (4)</b> . The copy of such certification is on file with USA Swimming.		
<b>SCHEDULE</b>	<b>Session</b>	<b>Warm Up</b>	<b>Meet Start</b>
	Prelims	6:30 AM - OPEN  7:00 AM – 8:15 AM Assigned lanes	8:30 AM
	Finals	One (1) hour before the start of finals	No sooner than two (2) hours after the competition for Prelims; to be announced at General Meeting
<b>PROJECTED TIMELINE</b> will be established by the Meet Referee and distributed at the General Meeting Tuesday afternoon. Daily timeline in session sheets.			
<b>OPENING CEREMONIES &amp; BBQ DINNER</b>	<b>Date, Time &amp; Location:</b> Tuesday, August 7 <sup>th</sup> , Roseville Aquatics Complex. Opening Ceremony will take place from 6:30-7:00 PM. BBQ Dinner will immediately follow from 7:00 PM - 8:00 PM. <b>Participating Teams:</b> Welcome to California! Come celebrate the hard-working Athletes who will be attending the meet and join us for food, fun and music! See Team Reservation Form "BBQ Kick-Off" for more information!		
<b>GENERAL MEETING</b>	Tuesday, August 7, 5:00 PM at the Martha Riley Community Library (one block north of the RAC Pool – within walking distance) 1501 Pleasant Grove Blvd, Roseville CA 95747 <b>At least one Coach and one Representative from each LSC must be present at the General Meeting.</b> The Scratch Box will be available from 5:00 PM until 15 minutes after its conclusion.		
<b>RESPONSIBILITY</b>	It shall be the responsibility of Swimmers and Coaches to acquaint themselves with all the information contained in this meet announcement and presented at the General Meeting.		
<b>FORMAT</b>	<p>This meet will be conducted in LCM.</p> <p>All Preliminary events will be swum slowest to fastest using a Preliminaries/Finals format with the fastest 16 swimmers from preliminaries advancing to finals except the following:</p> <ul style="list-style-type: none"> <li>The 11-12 Girls and Boys 400-meter IM, 200-meter Back, 200-meter Fly, 400-meter Free and 200-meter Breast will be swum as timed finals with the fastest heat swum in Finals.</li> <li>The 800-meter and 1500-meter Freestyle events will be timed finals in Prelims and will be swum fastest to slowest, alternating Girls and Boys.</li> <li>All relay events will be swum as timed finals at the end of each Finals session.</li> </ul> <p>Finals will be swum in B/A (consolation and championship) format consisting of the top 16 qualifying times of each event except for the events noted above.</p> <p>Double-ended chase starts will be utilized for all events swum in prelim sessions <i>with the exception of all 50-meter events, the 800-meter Freestyle and the 1500-meter Freestyle</i>. Each of these events will start from a single end.</p> <p>Start End(s):  PRELIMS: Odd heats will start on the west end of the pool and even heats will start</p>		

	<p>on the east end of the pool (scoreboard side) <i>with the exception of 50-meter events, where all heats will start on the east end of the pool and the 800-meter and 1500-meter Freestyle events, where all heats will start on the west end of the pool.</i></p> <p>FINALS: All heats will start at the west end of the pool, <i>with the exception of all 50-meter events which will start at the east end of the pool.</i></p> <p>There will be a 10-minute break before the 800-meter Freestyle on Wednesday and the 1500-meter Freestyle on Saturday.</p> <p>There will be a 10-minute break between the individual and relay events at each Finals Session.</p>
<b>PARADING</b>	<p>A designated PARADING area will be will be used to assemble "A" finalists for each Finals Session. These swimmers must report to the designated area no later than five minutes preceding the parade time for the event. The location of the designated area will be given at the General Meeting Tuesday afternoon.</p> <p>We will also parade the fastest seeded heats of the Timed Finals (swum in prelims) 800-meter and 1500-meter Freestyle. Additionally, Swimmers in the following Timed Final Events for 11-12 Girls/Boys will be paraded and will need to report to the Parading area: 400-meter IM, 200-meter Back, 200-meter Fly, 400-meter Free and 200-meter Breaststroke.</p>
<b>SEEDING</b>	<p>Events shall be seeded in order of Long Course Meters (LCM), Short Course Yards (SCY), Short Course Meters (SCM) qualifying times then any bonus entries in the same order.</p>
<b>RULES</b>	<p>This meet will be run according to current USA Swimming National Championship rules and regulations, including relays, except where otherwise specified. USA Swimming/Western Zone/Sierra Nevada Swimming Rules will govern the conduct of the meet and will serve as the official guide for technical and procedural rules.</p>
<b>ELIGIBILITY</b>	<p>2018 USA Swimming member year-round Athletes registered in a Western Zone LSC who are not older than 14 years of age as of the first day of the meet (August 8, 2018) and are designated by their LSC to participate in the meet are eligible. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in <b>Article 302</b> of the current USA Swimming Rulebook. No deck registration will be accepted; swimmers must be registered prior to entry deadline.</p> <p>According to USA Swimming Rules <b>302.4</b> - If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, Member Coach or Member Club submitting the entry.</p> <p>A swimmer who has, within the 18 months prior to the start of the meet, participated in one (1) individual event at a USA Swimming Championship as defined by <b>Article 207</b> of the USA Swimming Rulebook, excluding Disability Championships and Open Water Championships, may not compete in that event or the related relay leg at this meet. A swimmer who has participated in two (2) or more individual events may not compete in this meet.</p>
<b>PROOF OF TIME</b>	<p>This is a Proof of Time meet. It is the responsibility of the LSC submitting the times for their athletes to ensure that they can be verified. Time verification with date and location where achieved must be in the USA Swimming SWIMS database or made available upon request to the Administrative Referee. Violations of this requirement shall carry a fine of \$250.00 payable by the LSC. In addition, the swimmer with unverified times will be dismissed from the meet and all points earned by that swimmer will be removed (including all relays in which the swimmer participated).</p>

## ENTRY RULES

**LSC ENTRIES ONLY:** All entries shall be submitted only by the LSC.

**SDIF REQUIRED:** All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file.

**ENTRIES MUST INCLUDE:** Full legal name, age, USA Swimming Registration number, home club code, and LSC code.

**NEW QUALIFYING SWIMS:** Entry times shall be the swimmer's best time from August 9, 2017 to August 1, 2018.

**DESIGNATION OF NON-CONFORMING AND BONUS TIMES:** For a swimmer who does not have a long course time that makes the standard, the qualifying short course time shall be designated by a Y (short course yards) or S (short course meters) in the electronic file. Swimmers with non-qualifying times shall be designated with a B (non-qualifying bonus swim) and L (long course meters), Y (short course yards), or S (short course meters) in the electronic file. **Converted times are not allowed.**

**ALTITUDE ADJUSTMENT:** Qualifying times are stated at sea level. Times achieved at an altitude of 3,000 feet or above may be adjusted in accordance with the current edition of the USA Swimming Policy Manual.

**AGE:** Swimmer's age on the first day of the meet determines age group for the entire competition.

**DECK ENTRIES:** Deck entries will not be accepted.

**TEAM ENTRY REPRESENTATIVE:** The person submitting a team's entries is the team entry Representative and the received email implies the official signature of the team entry Representative. Said person will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers.

- *Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter certifies that the swimmer is a registered member of USA Swimming and that all times stated in the entry are true and correct.*
- *The submitter further assumes responsibility for any false or incorrect times, and understands that all listed entry times are subject to Sierra Nevada Swimming Time Verification Procedures. Penalties are outlined in the Proof of Time section of this meet announcement.*

(Continued...)

- *The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Sierra Nevada Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.*

## RACING STARTS

**RACING START CERTIFICATION:** Any Swimmer entered in the meet must be certified by a USA Swimming Member-Coach as being proficient in performing a racing start which includes Forward Start and the new Backstroke Start Certification which takes effect on May 1, 2018, or Swimmer must start each race from within the water. When unaccompanied by a member-Coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**BACKSTROKE START (USING THE LEDGE)** The "ledge starting device" will be available during the meet and is solely optional. LSC Coaches are responsible for certifying, during their Tuesday practice session, all swimmers who wish to use this backstroke-starting device who are not already certified to use it.

<b>ENTRY LIMITS</b>	<p><b>INDIVIDUAL:</b> A swimmer may enter up to six (6) individual events for the meet, but may not compete in more than three (3) individual events per day.</p> <p><b>TEAM:</b> Each LSC may enter 400 individual events of which no more than 160 may be slower than the time standard. Each LSC Athlete roster is limited to a total of 80 Athletes, not including any Athletes with disabilities. An LSC that enters more than 400 individual events and/or 160 slower than the time standard, shall scratch down to the limit prior to the close of the scratch box on Tuesday (15 minutes after the end of the General Meeting). Failure to comply shall be deemed to have given the Meet Referee authority to eliminate entries to comply with these entry limits. Slower than time standard swims will be eliminated first. Disabled swimmers will not be included as part of the LSC's 400 or 160 limits. Appropriate fees for all entries submitted are required to be paid; no refunds will be made.</p> <p><b>NON-STANDARD SWIMS:</b> Each LSC is limited to one (1) non-standard swim per gender, per age group, in any event of 400-meters or longer. Entries over this limit must be scratched prior to the close of the scratch deadline for the event. In the event that such scratch is not received, the Administrative Referee has the responsibility to eliminate entries to comply with these entry limits.</p>
<b>RELAY ENTRIES</b>	<p><b>ENTRY LIMITS:</b> Each LSC is limited to two (2) relays per relay event.</p> <p><b>ENTRY TIMES</b> for relays are required when entries for the meet are submitted.</p> <p><b>RELAY ELIGIBILITY:</b> Swimmers entered in the meet whose age/gender meet the event description are eligible to swim that relay.</p> <p><b>COMBINED AGE GROUP:</b> Relays will be scored and awarded as 10 &amp; under, 12 &amp; under and 14 &amp; under and records kept as such. No swimmer may compete in more than one age group relay per session.</p> <p><b>AT MEET RELAY DECLARATION REQUIRED:</b> All relay forms must be returned to the <b>Clerk of Course by 12:00 PM on the day of the relay event</b> in order to be seeded. (More details in CHECK-IN section.)</p>
<b>SWIMMERS WITH DISABILITIES</b>	<p>Each LSC may bring two (2) swimmers with disabilities who are 12 and under and two (2) swimmers with disabilities who are 13-14. These swimmers with disabilities are not required to meet the time standards for their age group events; however, they must provide a time for each event they enter. Classification of a swimmer with a disability is irrelevant. Swimmers with disabilities must be identified at the time entries are submitted.</p> <p>Adaptive swimming: In accordance with USA Swimming rule <b>202.4.14 &amp; Article 105</b> the Meet Referee has the authority to accommodate swimmers with disabilities. The Team Entry Representative must notify the Meet Referee and entry contact of accommodation requests at the time of entry submission.</p>
<b>INCLUDE WITH TEAM ENTRY AND FEE SUBMISSION</b>	<p><b>TEAM SUPPORT PERSONNEL COUNT:</b> 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.</p> <p><b>ADAPTIVE SWIMMING REQUESTS:</b> More details in SWIMMERS WITH DISABILITIES section.</p> <p><b>ADDITIONAL COPIES, COUNT &amp; FEE:</b> 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.</p>

<b>TEAM ENTRY (cont)</b>	<b>BBQ DINNER KICKOFF, ZONE BUSINESS DINNER &amp; POST ATHLETE CELEBRATION FEES:</b> RSVP for the number attending these events is due prior to meet entry deadline. More details on forms at the end of this meet announcement.
<b>ENTRY FEES</b>	<b>INDIVIDUAL EVENT:</b> \$9.00 per individual event (\$4.00 to Zone Treasury) <b>RELAY EVENT:</b> \$16.50 per relay (\$4.00 to Zone Treasury) <b><i>Please make all checks payable to: California Capital Aquatics.</i></b>
<b>ENTRY DEADLINE AND SUBMISSION</b>	<p><b>Entry Deadline:</b> The SDIF file must be received by <b>3:00 PM (PST) Wednesday, August 1, 2018.</b></p> <p>Email SDIF entries to Mark Brown (info below) and mail hard copy documentation and checks to the Administrative Meet Director. Use of express mail is recommended for accompanying paperwork and checks. Please DO NOT require signature.</p> <p><b>EMAIL Meet Entry (SDIF) Contact:</b> Mark Brown Email: <a href="mailto:mark.brown.15@gmail.com">mark.brown.15@gmail.com</a> Phone: 916-201-1254</p> <p><b>Hard copy documentation, entries payment, all other forms &amp; payments:</b> Denna Culpepper Meet Director - WZAG 5350 Whitehaven Way Antelope, California 95843 <a href="mailto:dennac@snswimming.org">dennac@snswimming.org</a> 916-208-5751</p> <p>Receipt of entries is not considered confirmed until the LSC Team Entry Representative receives official confirmation from the <b>meet entry contact</b>. 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.</p>
<b>ADMINISTRATIVE ENTRY ERRORS</b>	The following procedure applies to, and only to, a swimmer whose entry is incorrect due to an administrative entry error. The error(s) may be corrected if: The LSC entering the swimmer can prove, with documentary evidence, to the satisfaction of both the Meet Director and the Meet Referee that the administrative error is due exclusively to the error of the LSC and not in any way the fault of the swimmer. Such documentary evidence must be submitted to the Meet Director or Meet Referee prior to the General Meeting (NO exceptions) where it will be subject to approval. If approved, the swimmer shall be seeded correctly.
<b>LATE ENTRIES</b>	Late entries will only be accepted in accordance with the Western Zone Swimming Championship Regulations, Section IV.5.8.10.
<b>CLERK OF COURSE</b>	The host will provide a Clerk of Course desk at the pool for the duration of the meet. On Tuesday, August 7, the desk will be open from 12:00 PM to 4:30 PM. The Clerk of the Course will then be available at the General Meeting from 5:00 PM until 15 minutes after its conclusion. The desk will be open from 7:00 AM to the close of the scratch box on Wednesday through Friday.
<b>COACH SESSION HEAT SHEETS</b>	By 7:00 AM each morning six (6) copies of session heat sheets, including an "estimated" timeline for the session will be provided for each LSC. Additional copies can be provided if needed. Please order and pay fee for each additional copy with the team entry submission. <b>ADDITIONAL COPIES FEE:</b> \$5 per Coach

<b>DECK ACCESS AND CREDENTIALS</b>	<p>This meet will be a <b>CLOSED DECK</b> run meet. The facility will be set up to have security check points of entry to the deck. Deck access is limited to swimmers, Coaches, Officials and meet workers. Only credentialed Coaches, Managers, and Officials will be allowed in certain areas of the pool complex. <b>There are no exceptions.</b> The deck pass should be visible at all times while on deck. All adults expecting to receive a deck pass must show proof of current USA Swimming membership and be prepared to show acceptable identification (driver's license, etc.) if requested.</p> <p><b>COACHES AND PRE-DESIGNATED MEET WORKERS:</b> Pick up personal deck passes from Clerk of Course desk when open.</p> <p><b>OFFICIALS:</b> Pick up personal deck passes from Clerk of Course desk when open on Tuesday, or prior to the first session worked at the Officials Briefing.</p> <p><b>TEAM MANAGERS:</b> Pick up personal and team (Swimmer and Chaperone) deck passes from Clerk of Course desk when open on Tuesday. It is the Team Managers' responsibility to ensure all who receive deck passes from them are current members of USA Swimming in good standing.</p> <p><b>SWIMMERS AND CHAPERONES:</b> Receive deck pass from Team Manager.</p>
<b>CHECK-IN</b>	<p><b>COACHES:</b> Must check in with the Clerk of Course prior to entering the deck the first time. Coaches without meet credentials will not be permitted on deck.</p> <p><b>SWIMMERS:</b> Swimmers are considered checked-in for all events entered unless scratched, <i>EXCEPT for the 800-meter and 1500-meter Freestyle events which require positive check-in in order to be seeded.</i> <b>Positive check-in for 800-meter closes 15 minutes after the close of the General Meeting on Tuesday. Positive check-in for the 1500-meter closes at the close of the scratch box on Friday.</b></p> <p><b>RELAYS:</b> All relay forms must be returned to the <b>Clerk of Course by 12:00 PM on the day of the relay event</b> in order to be seeded. The Meet Referee and the Administrative Referee, in concurrence, may re-seed any relay with an unrealistic entry time to the first heat with a "no time" entry time. Up to eight swimmers may be listed on the entry form. The order of the swimmers may be changed up to the time the lead swimmer is called to the blocks.</p>
<b>SCRATCHES</b>	<p><b>SCRATCH BOX:</b> Located at the Clerk of Course, but will be available at the General Meeting.</p> <p><b>SCRATCH CLOSING: Prelims:</b> The scratch box will close 15 minutes after the close of the General Meeting on Tuesday. Scratches for Wednesday events are due by this deadline. The scratch box will close one-half (1/2) hour after the start of Finals on Wednesday, Thursday, and Friday for the next day's events. <b>Finals:</b> Swimmers have 30 minutes after announcement of preliminary results of their event in which to scratch or declare their intention to scratch.</p> <p><b>SCRATCH PROCEDURE:</b> Scratches must be confirmed by properly filing out and depositing a scratch card in the scratch box by scratch deadline. National Championship scratch and No Show rules will be used, except where otherwise specified.</p> <p><b>FAILURE TO SCRATCH PROPERLY PENALTIES:</b></p> <ul style="list-style-type: none"> <li>• <u>Preliminary Heats:</u> <b><i>Any swimmer who fails to compete in an individual preliminary heat in which he/she is entered and has not properly scratched will be barred from all further individual and relay events for that day and must check in with the Administrative Referee prior to the scratch deadline each day for the remainder of the meet.</i></b></li> <li>• <u>Finals:</u> <b><i>Any swimmer seeded in a Final race in an individual event who fails to compete in said Final shall be barred from further competition for the remainder of the meet, unless the swimmer has properly scratched according to the meet rules.</i></b></li> </ul>


<b>WARM UPS</b>	<p>USA Swimming and Sierra Nevada Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> <li>• Coaches have the responsibility of insuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Sierra Nevada Swimming safety procedures. All swimmers will enter the pool from a sitting or 3 point position. No pushing, splashing, running, or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.</li> <li>• All USA Swimming Athletes must be under the supervision of a USA Swimming member Coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist <b>unaccompanied swimmers</b> in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.</li> <li>• NO DIVING OR RACING STARTS will be permitted from the blocks or sides of the pool during general warm-up. Swimmers must enter the water using a three-point entry. Racing starts will be permitted only when sprint lanes are opened by the invigilating Officials</li> </ul> <p><b>A warm-up schedule will be presented at the General Meeting, Tuesday, August 7, 2018.</b> There will be an OPEN warm-up session from 6:30 AM to 7:00 AM each morning Wednesday-Saturday. From 7:00 AM to 8:15 AM LSC's will be assigned time and lanes for Prelims. Sierra Nevada Swimming open lane warm-up rules will be in effect for Finals. The designated warm-up/warm-down pool will be available for continuous warm-up/warm-down.</p> <p>The Meet Referee may make changes at any time as determined to be in the best interest of the Athletes and the conduct of the meet.</p> <p><b>PRE-MEET WORKOUTS:</b> The Roseville Aquatics Complex 9-lane 50-meter competition pool and 5-lane 25-yard pool are available for supervised warm-up (no marshals present) on the following dates and times: Monday, August 7, 2:00 PM—7:00 PM and Tuesday, August 8, 9:00 AM—5:00 PM. USA Swimming member certified Coaches must be on deck supervising Athletes for the entire workout. <b>Workout times must be prescheduled.</b> Contact Denna Culpepper at <a href="mailto:dennac@snswimming.org">dennac@snswimming.org</a> by <b>July 25, 2018</b> with your intent to work out on these days to be put on the schedule. FYI: Tuesday afternoon is usually the time of highest demand. Once the competition pool schedule is filled, teams may be scheduled, by lane, in the 5-lane 25-yard pool.</p>
<b>SAFETY</b>	<p>The facility changing area and restrooms are shared with the general public. Team leadership is encouraged to make every effort to recognize when an Athlete goes to the locker room or changing area while at the meet facility and, if they do not return in a timely fashion, to check on the Athlete's whereabouts.</p> <p>Meet Marshals will do occasional sweeps throughout facility areas accessible by Athletes. Meet Marshals will regularly sweep the locker room areas with women checking on female locker rooms and men checking on male locker rooms.</p> <p>RESTRICTIONS: USA Swimming rules <b>103.11 and 103.12</b> regarding tobacco and alcohol use will be strictly enforced.</p>
<b>DECK CHANGING</b>	Deck Changes are prohibited.
<b>RECORDING BAN</b>	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Visual recording devices are not permitted behind the blocks during the start sequence throughout the meet.
<b>BROADCAST STATEMENT</b>	Any photographs, videotape or other audio and/or visual recordings of the event created by a Spectator may be used solely for such Spectator's personal non-



	commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.
<b>IMAGE AUTHORIZATION</b>	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of 2018 Western Zone Age Group Championship under the conditions authored by USA Swimming, and allow event organizers the right to use the pictures likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
<b>LIABILITY</b>	<p>In granting this sanction, it is understood and agreed that Sierra Nevada Swimming and USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</p> <p>USA Swimming, Sierra Nevada Swimming, City of Roseville shall accept no responsibility for liability or injuries sustained by any individual, Athlete, Coach, Official, meet Volunteer, or Spectator while travelling to and from or while participating in this event. Damage to the facility, when proved, will cause the offending participant, or the offending swimmer's LSC to be held accountable for repairs. All participants and guests must adhere to the facility rules and Coaches or team Chaperones must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.</p>
<b>SCORING</b>	<p><b>INDIVIDUAL:</b> 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</p> <p><b>RELAY:</b> 40-34-32-30-28-26-24-22</p>
<b>AWARDS</b>	<p><b>TEAM AWARDS:</b> Trophies first (1) through eighth (8) place. First place trophy name – Scottie Aschermann Team Championship Award</p> <p><b>INDIVIDUAL EVENTS:</b> Medals first (1) through eighth (8) place and ribbons ninth (9) through sixteenth (16) place</p> <p><b>RELAY EVENTS:</b> Medals first (1) through third (3) place and ribbons fourth (4) through eighth (8) place</p> <p><b>THE ADAM SZMIDT TEAM SPORTSMANSHIP AWARD:</b> Trophy awarded to the team which demonstrates superior sportsmanship, total team support, consistent positive attitude throughout the entire meet and unified appearance (uniform, shirts, suits, etc.)</p> <ul style="list-style-type: none"> <li>• <b>Award Selection Committee:</b> <i>Each LSC is responsible to name one Coach and one Athlete</i> to this committee. Submit names to Western Zone Championship Coordinator. <ul style="list-style-type: none"> <li>○ <b>Ballots</b> cast by committee members should be turned in no later than one hour after the start of each day's Finals.</li> <li>○ <b>Ballots</b> for all days will be placed in the LSC Welcome Packet handed out at the Tuesday General Meeting.</li> </ul> </li> </ul> <p><b>PRESENTATION:</b> Trophies will be presented on Saturday at the conclusion of Finals. Medals and ribbons may be picked up by a Team Representative at the Clerk of Course table the day after they are earned. All awards must be collected by teams before leaving the venue after Saturday Finals. Awards will not be mailed.</p>
<b>TIME TRIALS</b>	Time Trials will not be offered at this meet.
<b>COACHES/ TEAM AREA ON DECK</b>	Teams will be assigned an area on deck for Coaches to sit. Shade, table and chairs will be provided for each team and marked with a banner in front (facing the pool) and signage in back for meet personnel quick reference.
<b>ATHLETE VILLAGE</b>	The Athlete Village is an outdoor area at the venue strictly restricted to Athletes, Chaperones and others with appropriate credentials. <b>The Host Team provides tents in the Athlete Village for each team.</b> Per WZ Policy, an LSC must have at least one Chaperone in the Athletes' Village to supervise during any time that their Athlete(s) are using the Athlete Village.

<b>TABLES &amp; CHAIRS FOR ATHLETE VILLAGE</b>  <b>MUST ORDER!</b>	<p>Tables &amp; chairs will be available for rental by using the Tables/Chairs Order Form that is located on the Meet website. Upon Team Check-In at the Clerk of Course on <b>Tuesday, August 7</b>, Teams will be allowed to pick up the appropriate number of tables and chairs that has been ordered as long as payment has been received in full. Please see order form on the meet website:</p> <p><a href="https://www.teamunify.com/Home.jsp?team=wzmeet">https://www.teamunify.com/Home.jsp?team=wzmeet</a></p>
<b>SPECTATOR SEATING</b>  <b>SPECTATOR ADMISSION</b>	<p>Spectators are welcome to sit in the bleachers on the south side of the competition pool. Due to USA Swimming Insurance requirements <b>only credentialed</b> swimmers, Coaches, Officials and Volunteers are allowed on deck. <b>There are no exceptions.</b></p> <p>Spectator admission: \$50 All Session Pass (8 sessions &amp; includes Prelims/Finals Program for all 8 sessions) or \$7 Single Session Pass (programs sold separately).</p> <p><i>Want to have your admission price waived and get the best seat in the house?</i> Spectator admission will be waived for single sessions for individuals who volunteer to be a Timer during that session. Please visit the meet website for more information on how to sign up <b>online</b> before the start of the meet.</p>
<b>DIRECTIONS TO FACILITY</b>	<p><b>FROM SACRAMENTO INTERNATIONAL AIRPORT:</b> Traveling on I-80 EAST, exit Highway 65 North; take the Pleasant Grove Blvd exit; go west on Pleasant Grove Blvd to Woodcreek Oaks Blvd and turn left; the Aquatic Complex will be on the right side: 3051 Woodcreek Oaks Blvd., Roseville, CA 95747.</p>
<b>LOST &amp; FOUND/ INFORMATION</b>	<p>Lost and found items will be taken to the Information table located at the main entrance of the facility. All lost &amp; found items will be placed in a designated area.</p>
<b>MEDICAL ASSISTANCE</b>	<p>The City of Roseville lifeguards will provide First Aid assistance on-site. Anyone in need of medical assistance should contact a lifeguard, who can radio for help; or go to the lifeguard office immediately. This office is located under the large clock between the restroom facilities.</p>
<b>CONCESSIONS</b>	<p>Concessions will be available throughout the event.</p>
<b>HOSPITALITY</b>	<p>Coaches and Officials hospitality will be located in the classroom next to the snack bar area and will be open the days of competition only.</p>
<b>TEAM BOX LUNCHES</b>	<p>Teams may order and purchase in advance individual box lunches. Meals will be delivered to the <b>front gate entrance</b> where teams may pick up ordered food once the announcement is made. The menus and order information will be available on the meet website after June 1, 2018.</p>
<b>MEET PHOTO-GRAPHER</b>	<p>Zoom Photography <a href="http://www.MyZoomPhotos.com">www.MyZoomPhotos.com</a> will be on hand as the official preferred action photography vendor. Team and Individual photos will be available.</p>
<b>PARKING</b>	<p>Free parking is available at the pool complex, in the adjacent gravel lot, across the street and at the Roseville Sports Center. <b>NO RV overnight parking allowed.</b></p> <p><b>BUSES:</b> There is a bus turnout in front of the Roseville Aquatics Complex. We advise all buses to drop off teams out front using the turnout and then recommend parking at the Roseville Sports Center – 1545 Pleasant Grove Blvd, one block north of the pool.</p> <p><b>COACHES &amp; OFFICIALS</b> – There will be designated parking for Credentialed Coaches and Officials. Please see signs located at the pool for area assigned or inquire with a parking lot attendant.</p> <p><b>NO MEET PARKING:</b> Due to school being in session during the days of Wednesday though Friday of the meet, there will be NO parking allowed at the adjacent Woodcreek High School. Security will be on hand to help direct traffic to the appropriate areas of available parking.</p>

<b>WIRELESS INTERNET</b>	There is limited wireless available as City of Roseville "guest" which requires logging in and providing an email address. This is not guaranteed to work ~
<b>HOTELS</b>	California Capital Aquatics has partnered with Placer Valley Tourism to provide attendees/teams with the best available rates. Please visit Placer Valley Tourism at <a href="http://www.placertourism.com/events/2018WesternZones">http://www.placertourism.com/events/2018WesternZones</a>
<b>OFFICIALS</b>	<p>Each participating LSC is asked to provide a minimum of one (1) deck or administrative Official.</p> <p>Officials must be USA Swimming registered prior to the start of the competition and at least LSC certified in the position(s) for which they apply. Officials new to and/or unfamiliar with National Certification are welcome to work the meet as well as those with National Certification experience.</p> <p><b>DRESS FOR THIS MEET:</b></p> <ul style="list-style-type: none"> <li>• <b>Preliminaries</b> – White polo shirt, Khaki pants (short or long) or skirts/skorts (short or long), white shoes and white socks.</li> <li>• <b>Finals</b> – White polo shirt, (or colored polo provided by Host Team) Khaki LONG pants or skirts (short or long), white shoes and white socks. (<i>In the event of extreme heat, the Meet Referee may allow short or long pants and skirts/skorts.</i>)</li> <li>• <b>Special Request:</b> Please bring a white polo shirt representing your LSC to be worn on a night of choice by the Meet Referee.</li> </ul> <p><b>APPLICATION TO OFFICIATE:</b> All Officials who work the meet are requested to complete and turn in an application to facilitate planning. Applications are available in this meet announcement and on meet website. Walk-ins are also welcome. Those desiring to work the assigned positions of Chief Judge, Starter and Deck Referee must submit an application that is received by <b>June 15, 2018</b>. As is customary at this meet, there will be two groups of assigned Officials (Wednesday – Thursday and Friday – Saturday) so two different positions may be requested and/or assigned. All other applications must be received by <b>July 20, 2018</b>.</p> <p><b>NOTE: Only those Officials who submit applications by the deadline with shirt size marked will be guaranteed to receive a meet shirt.</b></p> <p><b>NOTIFICATION OF ACCEPTANCE &amp; POSITION:</b> Acceptance for assigned positions (Chief Judge, Starter and Deck Referee) will be sent on or about July 1<sup>st</sup>. All others will be sent on or about July 23<sup>rd</sup>.</p> <p><b>NATIONAL CERTIFICATION:</b> The Western Zone Age Group Championship is a qualifying meet for National Officials Certification. In order for the LSC Official to advance, the candidate has to be observed by a National Evaluator indicating that the candidate has demonstrated the appropriate qualities and skills over several sessions and has been recommended for advancement. This meet has been approved as an Officials Qualifying Meet for N2/N3 certification/recertification. Officials wishing to obtain or renew their national certification <b>must apply</b> to be considered. Please note your request on the Application to Officiate. Requests for Evaluation applications can be found in this meet announcement and must be received by <b>July 20, 2018</b> for consideration. Any questions can be directed to the Meet Referee.</p> <p><b>OFFICIALS MENTORING PROGRAM (OMP):</b> This fund provides lodging assistance for two Officials from each Western Zone LSC to attend and work at least 80% of the meet sessions at the Western Zone Age Group Championship. Each LSC Officials Chair must submit the names of their two Officials (one to act as a mentor and one that has been identified as having strong potential) to the Western Zone Officials Chair by <b>June 30, 2018</b>.</p>

<b>Officials (cont)</b>	<p><b>OFFICIALS REIMBURSEMENT FUND PROGRAM:</b> This fund provides reimbursement assistance to officials who work at least 80% of the meet sessions and who are not being reimbursed from another source for their expenses to attend the Western Zone Age Group Championship meet. The proceeds of the funds generated from this meet are shared equally across all applicants who have met the work requirements. An application for reimbursement is available from the Western Zone Officials Chair.</p> <p>For BOTH Officials Programs mentioned above, please contact:</p> <ul style="list-style-type: none"> <li>• <b>Western Zone Officials Chair</b> ~ Mike Dilli: <a href="mailto:mdilli@q.com">mdilli@q.com</a></li> </ul> <p><b>OFFICIALS LODGING INFORMATION:</b> Please visit the following site for a list of hotels: <a href="http://www.placertourism.com/events/2018WesternZones">http://www.placertourism.com/events/2018WesternZones</a></p> <p><b>ADDITIONAL INFORMATION</b> for Officials is located in the following sections: Deck Access and Credentials &amp; Parking.</p> <p><b>OFFICIALS BRIEFING:</b> All Officials are expected to attend an Officials meeting which starts 15 minutes after general warm-ups begin (7:00 AM warm-ups, 7:15 AM meeting) prior to each session for which they have been assigned, or come, to work.</p> <p><b>OFFICIALS SOCIAL:</b> An Officials' Social (no-host) will be held on Friday, August 10, after the conclusion of Finals. Details will be announced in Officials Briefings.</p>
<p><b>TIMERS – ONLINE SIGN-UP WILL BE AVAILABLE</b></p> <p><b>VOLUNTEER MEET WORKERS</b></p>	<p>Per Western Zone Policy, each participating LSC is asked to provide timers for one lane (2 timers) for the duration of the meet.</p> <p><i>Want to have your admission price waived and get the best seat in the house?</i> Spectator admission for single sessions will be waived for individuals who volunteer to be a Timer during that session. Please visit the meet website for more information on how to sign up <b>online</b> before the start of the meet. Online sign-up will be available August 1, 2018.</p> <p>A letter verifying Volunteer hours worked will be available for students desiring community service hours. More information will be available at Volunteer Check-in Desk.</p>
<p><b>MEET PROGRAMS AND RESULTS</b></p>	<p><b>RESULTS:</b> Live results will be available on Meet Mobile. Final results will be available on the meet website: in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) Results will not be mailed.</p>
<p><b>VENDORS ON DECK</b></p>	<p>Host Team will have several vendors on deck at the meet. These include meet apparel, swimwear apparel &amp; accessories, a variety of snack options and more!</p>
<p><b>DRONES</b></p>	<p>According to <b>202.4.10J</b> the operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, Coaches, Officials and/or spectators are present, except when prior written approval by the Program Operations Vice Chair is granted.</p>
<p><b>LSCs THAT MAKE UP THE WESTERN ZONE:</b></p>	<p>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.</p> 

**MEET  
ASSOCIATED  
ACTIVITIES**

**OPENING CEREMONIES & BBQ DINNER at THE RAC POOL:**

- Tuesday, August 7 at 6:30 PM – 7:00 PM ROLL CALL - ALL LSC's invited to attend this event
- BBQ Dinner begins at 7:00 PM and ends no later than 8:00 PM
- It is not required for LSC's to attend the BBQ Dinner – this is an option which requires RSVP and Prepayment; form located at end of Meet Announcement

**ZONE DINNER AND BUSINESS FORUM:**

- Thursday, August 9 at 7:30 PM (After Finals)
- Legends @ Woodcreek Golf Course, 5880 Woodcreek Oaks Blvd, Roseville, CA 95747 (916) 771-5161
- RSVP and Prepayment Required (\$40 per person)
- Who Attends: LSC Representatives
- More details on form located at end of Meet Announcement.

**ATHLETE DINNER AND SOCIAL: PRIVATE EVENT FOR WZ MEET ONLY!**

- Saturday, August 11, 7:00 PM – 10:00 PM (After Finals and Awards)  
Quarry Park Adventures, 4060 Rocklin Road, Rocklin, CA 95677
  - This event is closed to the general public ~
- RSVP and prepayment required obtaining entrance at group rate (\$35 per person) and dinner. Parents, siblings and fans associated with swimmers in the meet are allowed to pre-purchase tickets from the Clerk of Course.
- More details on form located at end of this meet announcement.

See complete list in "Meet Associated Meetings/Activities" table in this Meet Announcement.

**MEET WEBSITE**

<https://www.teamunify.com/Home.jsp?team=wzmeet>

**THANK YOU TO OUR MEET SPONSORS:**



**PLACER VALLEY**  
ROSEVILLE • ROCKLIN • LINCOLN  
*California's Sports Destination*



## 2018 Western Zone Age Group Championship Order of Events

G/B	Age Group	Event Name	G/B	Age Group	Event Name
<b>Wednesday:</b>					
1-2*	11-12	400 Individual Medley	15-16	10 & Under	100 Backstroke
3-4	10 & Under	50 Breaststroke	17-18	11-12	100 Backstroke
5-6	11-12	50 Breaststroke	19-20	13-14	200 Backstroke
7-8	13-14	100 Breaststroke	21-22**	13-14	800 Freestyle
9-10	10 & Under	200 Freestyle	23-24	10 & Under	400 Freestyle Relay
11-12	11-12	100 Freestyle	25-26	12 & Under	400 Freestyle Relay
13-14	13-14	100 Freestyle	27-28	14 & Under	400 Freestyle Relay
<b>Thursday:</b>					
29-30	10 & Under	100 Freestyle	41-42	10 & Under	200 Individual Medley
31-32	11-12	200 Freestyle	43-44	11-12	200 Individual Medley
33-34	13-14	200 Freestyle	45-46	13-14	400 Individual Medley
35-36	10 & Under	50 Butterfly	47-48*	11-12	200 Backstroke
37-38	11-12	50 Butterfly	49-50	10 & Under	200 Medley Relay
39-40	13-14	100 Butterfly	51-52	12 & Under	200 Medley Relay
			53-54	14 & Under	200 Medley Relay
<b>Friday:</b>					
55-56*	11-12	200 Butterfly	67-68	13-14	100 Backstroke
57-58	10 & Under	100 Breaststroke	69-70*	11-12	400 Freestyle
59-60	11-12	100 Breaststroke	71-72	13-14	400 Freestyle
61-62	13-14	200 Breaststroke	73-74	10 & Under	400 Medley Relay
63-64	10 & Under	50 Backstroke	75-76	12 & Under	400 Medley Relay
65-66	11-12	50 Backstroke	77-78	14 & Under	400 Medley Relay
<b>Saturday:</b>					
79-80	13-14	200 Individual Medley	91-92	13-14	200 Butterfly
81-82	10 & Under	50 Freestyle	93-94*	11-12	200 Breaststroke
83-84	11-12	50 Freestyle	95-96**	13-14	1500 Freestyle
85-86	13-14	50 Freestyle	97-98	10 & Under	200 Freestyle Relay
87-88	10 & Under	100 Butterfly	99-100	12 & Under	200 Freestyle Relay
89-90	11-12	100 Butterfly	101-102	14 & Under	200 Freestyle Relay

\* **Timed Finals events with the fastest heat swum in Finals**

\*\* **Timed Finals events swum in Prelims fastest to slowest alternating Girls and Boys**

**All relays swum in Finals only**

## 2018 Western Zone Age Group Championship Qualifying Time Standards

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:32.89	0:32.09	0:28.99	<b>50 Free</b>	0:32.89	0:32.09	0:28.89
1:12.09	1:10.49	1:03.59	<b>100 Free</b>	1:11.89	1:10.29	1:03.29
2:37.79	2:34.59	2:19.29	<b>200 Free</b>	2:36.49	2:33.29	2:18.09
0:38.89	0:38.19	0:34.49	<b>50 Back</b>	0:39.09	0:38.49	0:34.69
1:23.79	1:22.59	1:14.39	<b>100 Back</b>	1:24.29	1:23.09	1:14.89
0:44.09	0:43.09	0:38.79	<b>50 Breast</b>	0:44.49	0:43.49	0:39.19
1:35.59	1:33.59	1:24.39	<b>100 Breast</b>	1:36.39	1:34.39	1:24.99
0:36.09	0:35.39	0:31.89	<b>50 Fly</b>	0:36.19	0:35.49	0:31.99
1:22.59	1:21.19	1:13.09	<b>100 Fly</b>	1:22.69	1:21.29	1:13.29
2:57.59	2:54.39	2:37.09	<b>200 IM</b>	2:57.49	2:54.29	2:37.09

			11-12			
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.69	<b>50 Free</b>	0:29.39	0:28.59	0:25.69
1:04.59	1:02.99	0:56.79	<b>100 Free</b>	1:03.89	1:02.29	0:56.19
2:20.19	2:16.99	2:03.39	<b>200 Free</b>	2:19.29	2:16.09	2:02.59
4:55.19	4:48.79	5:30.69	<b>400/500 Free</b>	4:54.89	4:48.49	5:30.39
0:34.29	0:33.69	0:30.39	<b>50 Back</b>	0:34.49	0:33.89	0:30.59
1:13.69	1:12.49	1:05.29	<b>100 Back</b>	1:13.79	1:12.59	1:05.39
2:43.99	2:41.59	2:25.59	<b>200 Back</b>	2:40.29	2:37.89	2:22.29
0:38.39	0:37.39	0:33.69	<b>50 Breast</b>	0:37.89	0:36.89	0:33.19
1:23.59	1:21.59	1:13.49	<b>100 Breast</b>	1:23.19	1:21.19	1:13.19
3:04.89	3:00.89	2:42.99	<b>200 Breast</b>	3:02.19	2:58.19	2:40.49
0:32.19	0:31.49	0:28.39	<b>50 Fly</b>	0:32.09	0:31.39	0:28.29
1:11.89	1:10.49	1:03.49	<b>100 Fly</b>	1:11.99	1:10.59	1:03.59
2:47.69	2:44.89	2:28.59	<b>200 Fly</b>	2:45.29	2:42.49	2:26.39
2:38.79	2:35.59	2:20.19	<b>200 IM</b>	2:37.39	2:34.19	2:18.89
5:48.19	5:41.79	5:07.89	<b>400 IM</b>	5:41.09	5:34.69	5:01.59

			13-14			
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.69	0:27.89	0:25.19	<b>50 Free</b>	0:26.99	0:26.19	0:23.59
1:02.09	1:00.49	0:54.49	<b>100 Free</b>	0:58.49	0:56.89	0:51.19
2:14.59	2:11.39	1:58.29	<b>200 Free</b>	2:07.09	2:03.89	1:51.69
4:41.69	4:35.29	5:15.69	<b>400/500 Free</b>	4:30.19	4:23.79	5:02.79
9:50.49	9:37.69	11:01.59	<b>800/1000 Free</b>	9:28.49	9:15.69	10:36.99
18:55.89	18:31.89	18:33.69	<b>1500/1650 Free</b>	18:06.09	17:42.09	17:44.79
1:10.49	1:09.29	1:02.39	<b>100 Back</b>	1:07.09	1:05.89	0:59.39
2:31.59	2:29.19	2:14.39	<b>200 Back</b>	2:24.59	2:22.19	2:08.09
1:20.09	1:18.09	1:10.29	<b>100 Breast</b>	1:15.29	1:13.29	1:05.99
2:52.79	2:48.79	2:32.09	<b>200 Breast</b>	2:43.39	2:39.39	2:23.59
1:08.49	1:07.09	1:00.49	<b>100 Fly</b>	1:04.29	1:02.89	0:56.59
2:33.49	2:30.69	2:15.79	<b>200 Fly</b>	2:25.19	2:22.39	2:08.29
2:32.49	2:29.29	2:14.49	<b>200 IM</b>	2:23.69	2:20.49	2:06.59
5:23.39	5:16.99	4:45.59	<b>400 IM</b>	5:06.79	5:00.39	4:30.59



## Meet Associated Meetings/Activities

Date & Time	Meeting/Activity	Who Attends	Notes
<b>8/7/18</b> 5:00 PM	General Meeting	AT LEAST 1 Coach & 1 Representative from each LSC attending meet	Location: Martha Riley Library ~ 1501 Pleasant Grove Blvd ~ Roseville ~ one block north of the pool.
6:30 PM	Opening Ceremonies	Teams (Athletes, Coaches, Chaperones)	Come join in the fun of ROLL CALL! Location: Competition pool bleachers Requested Dress: Team shirts
7:00 PM	BBQ Dinner Kick-off!	Teams (Athletes, Coaches, Chaperones & Officials)	RSVP & Prepayment is required – a cool DJ with music will be on hand! Team Managers don't have to worry about dinner☺
<b>8/8-8/11/18</b> 7:15 AM TBA - Finals	Officials Briefing	All Officials working that session	Location: Will be announced Time: 15 minutes after the start of warm-ups prior to every session
<b>8/9/18</b> 7:30 PM	Zone Dinner & Business Forum	LSC Representatives	RSVP and pre-payment required. (See form at end of meet announcement)
<b>8/10/18</b> After Finals	Officials Social	Officials working the meet	Self-pay, no preregistration needed. Location: TBA in Officials Briefing
<b>8/11/18</b> 7:00 PM – 10:00 PM	Athlete Dinner & Social	Teams (Athletes, Coaches, Chaperones), family of swimmers (as desired) FYI: This is a PRIVATE EVENT	RSVP and prepayment required receiving group discount rate. (Form at end of meet announcement)

## 2018 Age Group Summary by Day

Day	10 & Under	11 - 12	13 - 14
<b>Wednesday</b>	50 Breaststroke 200 Freestyle 100 Backstroke 400 Freestyle Relay	400 Individual Medley 50 Breaststroke 100 Freestyle 100 Backstroke 400 Freestyle Relay	100 Breaststroke 100 Freestyle 200 Backstroke 800 Freestyle 400 Freestyle Relay
<b>Thursday</b>	100 Freestyle 50 Butterfly 200 Individual Medley 200 Medley Relay	200 Freestyle 50 Butterfly 200 Individual Medley 200 Backstroke 200 Medley Relay	200 Freestyle 100 Butterfly 400 Individual Medley 200 Medley Relay
<b>Friday</b>	100 Breaststroke 50 Backstroke 400 Medley Relay	200 Butterfly 100 Breaststroke 50 Backstroke 400 Freestyle 400 Medley Relay	200 Breaststroke 100 Backstroke 400 Freestyle 400 Medley Relay
<b>Saturday</b>	50 Freestyle 100 Butterfly 200 Freestyle Relay	50 Freestyle 100 Butterfly 200 Breaststroke 200 Freestyle Relay	200 Individual Medley 50 Freestyle 200 Butterfly 1500 Freestyle 200 Freestyle Relay





## 2018 Western Zone Age Group Championships

August 8-11, 2018

### Bar-B-Q Kick-Off Dinner & Pre-Meet Social

With DJ from Extreme Productions – Let's get pumped for some fast racing!

Tuesday, August 7<sup>th</sup>, 7:00 PM – 8:00 PM

Location: Roseville Aquatics Complex



### RSVP for BAR-B-Q KICK OFF DINNER & PRE-MEET SOCIAL

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

ATHLETES attending	\$15 per person X _____	=	\$ _____
COACHES & CHAPERONES attending	\$15 per person X _____	=	\$ _____
OFFICIALS attending	\$15 per person X _____	=	\$ _____

(Officials may RSVP individually from the LSC by using this form as well)

1. Name of Official _____	LSC _____
2. Name of Official _____	LSC _____
3. Name of Official _____	LSC _____

= \_\_\_\_\_ Total # in your party

\$ \_\_\_\_\_ Total payment

### Submit Payment with Meet Entry Payment

(Checks payable to: California Capital Aquatics)

Return the above RSVP information to [dennac@snswimming.org](mailto:dennac@snswimming.org)  
by Wednesday, August 1, 2018

Event wristbands for the number paid will be placed in the Team Packet to be picked up at the Clerk of Course. Officials paying individually may pick his/her wristband up at Clerk of Course as well. Wristband must be worn to receive dinner.



## 2018 Western Zone Age Group Championships

August 8-11, 2018

### ANNUAL ZONE DINNER: SOCIAL & BUSINESS FORUM

Thursday, August 9, 2018, 7:30 PM

**Location: Legends @ Woodcreek Golf Course**

**5880 Woodcreek Oaks Blvd**

**Roseville, CA 95747**

*(5 minutes from pool)*

**Price: \$40 per person**  
(Includes Dinner, Dessert, Beverages)

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### RSVP for Zone Dinner Social & Business Forum

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

Name: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Number of persons attending:** \_\_\_\_\_ **X \$40 each = \$** \_\_\_\_\_

**Submit Payment with Meet Entry Payment**  
(Checks payable to: California Capital Aquatics)

Return the above RSVP information to [dennac@snswimming.org](mailto:dennac@snswimming.org)  
by Wednesday, August 1, 2018

# 2018 Western Zone Age Group Championships

## Post Competition Athlete Celebration @ Quarry Park Adventures!

4060 Rocklin Road ~ Rocklin, CA 95677

916-750-1772

[www.quarrypark.com](http://www.quarrypark.com)

**Saturday, August 11,  
7:00 PM – 10:00 PM**

**All You Can Eat  
Buffet Dinner included!**

**Come to Quarry Park  
Adventures and Zip, Soar,  
Climb and Explore!**

**Adventures for Everyone!**



This is a **PRIVATE EVENT** for people associated with the Western Zone Meet Only!  
(Family members and fans that have swimmers in the meet are allowed to purchase  
tickets on deck from the Clerk of Course during the 4-day meet.)

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### RSVP for Post Competition Athlete Celebration **TEAM FORM** RSVP

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

<b>ATHLETES attending</b>	<b>\$35 per person X</b> _____	<b>=</b>	<b>\$</b> _____
<b>COACHES &amp; CHAPERONES attending</b>	<b>\$35 per person X</b> _____	<b>=</b>	<b>\$</b> _____

**=** \_\_\_\_\_ **Total # in your party**

**\$** \_\_\_\_\_ **Total payment**

### **Submit Payment with Meet Entry Payment**

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by Wednesday, August 1, 2018



## 2018 Western Zone Age Group Championships

Host: California Capital Aquatics

Roseville, California

August 8 - 11, 2018

### Application to Officiate



**Applicant must be a member of USA Swimming and an LSC certified official.  
(PLEASE TYPE OR PRINT CLEARLY)**

Name: \_\_\_\_\_ LSC: \_\_\_\_\_

Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Current LSC Certifications: \_\_\_\_\_

Current N2 Certifications and Expiration: \_\_\_\_\_

Current N3 Certifications and Expiration: \_\_\_\_\_

Years/Months at Highest Level: \_\_\_\_\_

**ALL APPLICANTS MUST ATTEND MANDATORY OFFICIALS BRIEFINGS BEFORE EACH SESSION WHICH BEGIN 15 MINUTES AFTER THE START OF WARM UPS PRIOR TO EVERY SESSION.**

Uniform is white polo (or colored polo supplied by host team) and khaki long pants/skirts with white shoes and socks. Khaki shorts/skirts may be worn during prelims only. (Referee may make uniform adjustments due to extreme heat.)

**Special Request:** Please bring a white polo representing your LSC to be worn on a night of choice by the Meet Referee.

I will serve at all sessions: Yes ☐ No ☐

I can't serve all sessions; my choices for individual sessions are checked below:

Wednesday 8/8

Prelims \_\_\_\_\_ Finals \_\_\_\_\_

Thursday 8/9

Prelims \_\_\_\_\_ Finals \_\_\_\_\_

Friday 8/10

Prelims \_\_\_\_\_ Finals \_\_\_\_\_

Saturday 8/11

Prelims \_\_\_\_\_ Finals \_\_\_\_\_

Shirt Size: Please circle one ~ S M L XL 2XL 3XL (unisex) (This is for Host planning and is **not guaranteed**)

**APPLICATION FOR ASSIGNED POSITION: If you would like to be considered for an assigned position, please check the appropriate box below. If applying for more than one position, please indicate preference (1,2,3). Preference will be given to those who agree to work all sessions.**

**Assignment request:** ☐ Deck Referee ☐ Starter ☐ Chief Judge ☐ Asst. Admin. Referee

**If you are not applying for an Assigned Position, please check here:** ☐ Stroke & Turn Only

**APPLICATION FOR EVALUATION: If you would like to be observed/evaluated during the meet, complete the following:**

I request Evaluation as follows: ☐ For Advancement to N2 ☐ For Advancement to N3  
☐ For Recertification ☐ For Education

☐ Referee ☐ Starter ☐ Chief Judge ☐ Admin Referee ☐ Stroke & Turn

Most Recent Evaluation & Evaluator: \_\_\_\_\_

This application must be received by the Meet Referee no later than **June 15th, 2018**, in order for the applicant to be considered for specific assigned positions (Deck Referee, Starter, Chief Judge, Asst. Admin. Referee).

**Assigned positions will be notified on or about July 1, 2018.** Applications for other deck positions will be accepted anytime.

**→Email your application to:** Vicki Marsh [vicki50marsh@gmail.com](mailto:vicki50marsh@gmail.com)

Released 3/23/2018