



**2024 SHORT COURSE
SENIOR ZONE CHAMPIONSHIPS
ST. GEORGE, UTAH
April 3 - 6, 2024**



Co-hosted By
Vandal Aquatic Club &
Southern Utah Swim Association

Utah Tech University Human Performance Center
225 South University Avenue - St. George, UT 84770
Facility Phone: (435) 879-4502

Entries OPEN via meet entry file: Tuesday, December 12, 2023 * 10:00 AM PST

Entries CLOSE with the team having the 800th athlete -OR- March 13, 2024, whichever is sooner

See MEET ENTRY PROCEDURES (p. 5) for additional information.

Held Under the Sanction of USA Swimming AND Utah Swimming, Inc.
Sanction # UT24-06

Websites:

www.vandalaquatics.com * www.susastingrays.com * www.westernzoneswimming.org * www.usaswimming.org

Sanction

This meet has been sanctioned by Utah Swimming, Inc. Current USA Swimming rules and Utah Swimming Policies & Procedures will apply. All athletes must be currently registered as Premium or Outreach members for 2024 with USA Swimming. Utah Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Utah Swimming, Inc., all meet officials, Utah Tech University, Vandal Aquatic Club, and Southern Utah Swim Association shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending athlete, if unattached, or the offending athlete's team, if attached, to be held accountable for repairs.

Meet Referee

Cheryl Pearson
(702) 326-4216 (cell)
cherylpearson.lv@gmail.com

Admin Referee

Chris Lam
(530) 746-8321 (cell)
lam.christopher@outlook.com

Meet Director

Jody Broyles
(541) 580-6512 (cell)
jodybroyles1@gmail.com

MEET SCHEDULE SUMMARY

Information provided below is ESTIMATED * Additional details will be provided after close of entries.

MEETING SCHEDULE		
General Meeting	Wednesday, March 27, 2024 * 7:30 pm Pacific Time via Zoom	
Officials' Meetings	One hour before the start of each session	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Wednesday - Saturday April 3 rd - 6 th	Warm-Up: 7:00 AM Competition: 9:00 AM	Warm-Up: 4:00 pm Competition: 5:30 pm

Supervised Warm-Ups

The facility will be available for supervised warm-ups on Tuesday, April 2nd between 9:00 am - 10:00 pm.
Lane space may be limited based on the use of the facility during the day for scheduled Utah Tech classes.

Facility

18 lane, 25-yard x 50-meter indoor facility with Colorado timing and video display board. Spectrum starting blocks with backstroke ledges. Start and turn-end depth: 7.2 feet @ 1 meter from wall. The host will ensure the required course dimensions.

MEET FORMAT

- **Meet format** will be SCY Prelims (up to 8 lanes per course) and SCY Finals (8 lanes). For the purposes of timeline management, the 500 Freestyles, the 400 Individual Medleys, the 1650 Freestyles, and Finals Relays may be swum in two courses. Additional details will be provided at the General Meeting.
 - For individual events 200Y and shorter, one championship final heat (A), two consolation finals heats (B-C), and two bonus finals heats (D-E) will compete in Finals.
 - 🚩 *Protected E-final:* The E-final will be restricted to the next 8 fastest 16&U athletes who do not qualify for the A-D finals. If there are not sufficient 16&U qualifiers to fill the E-final, the heat will be filled with the next fastest 17&O athletes who did not qualify for the A-D finals.
 - For the 400 Individual Medley and 500 Freestyle events, one championship final heat (A), two consolation finals heats (B-C), and one bonus finals heat (D) will compete in Finals.
 - 🚩 *Protected D-final:* The D-final will be restricted to the next 8 fastest 16&U athletes who do not qualify for the A-C finals. If there are not sufficient 16&U qualifiers to fill the D-final, the heat will be filled with the next fastest 17&O athletes who did not qualify for the A-C finals
- **Order of seeding** will be Short Course Yards (SCY), Short Course Meters (SCM), Long Course Meters (LCM).
Bonus events will be seeded after the above, in the same order: BSCY-BSCM-BLCM.
- **Preliminary Heats of Individual Events will be seeded and swum FASTEST to SLOWEST.**
- **Circle-Seeding:** Top 3 heats of **preliminary** individual events 200 or less, and top 2 heats of **preliminary** individual events of 400 or more, will be circle-seeded, with the **fastest athlete in heat 1.**
- **Finals Heats of Individual Preliminary Events will swum SLOWEST to FASTEST:**
 - 🚩 Individual Events 200 and shorter: Bonus – E, Bonus – D, Consolation - C, Consolation - B, Championship - A.
 - 🚩 400 Individual Medley and 500 Freestyle: Bonus – D, Consolation - C, Consolation - B, Championship - A.
- **Timed Finals Events - 1650Y Freestyles**
 - 🚩 These events will be swum using the National Event format. The **fastest (single) seeded heat of each gender will swim in Finals.** All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin.
 - 🚩 **Athletes may qualify for this event using any of the 1650Y/1500M or 1000Y/800M time standards.** Athletes using non-conforming distance entry times (1000Y/800M) will be seeded after conforming distance entry times. Order of seeding: 1650Y – 1500M – 1000Y – 800M
 - 🚩 Athletes entered in the 1650Y Freestyles wishing to swim in preliminary heats rather than the Finals heat need to declare this intention by the stated scratch deadline for that day's events.
- **Timed Finals Events - Relays:** This meet will offer both single-gender and mixed-gender relays.
 - 🚩 All single-gender C Relays will swim at the conclusion of Prelims on the day the relays are scheduled.
 - 🚩 All mixed-gender E & F Relays will swim at the conclusion of Prelims on the day the relays are scheduled.
 - 🚩 All other relays (single-gender A & B, and mixed-gender A-D) wishing to swim in Preliminary heats rather than in Finals heats need to declare this intention by the stated scratch deadline for that day's events.
 - 🚩 See **Order of Events** (p. 3) and **Meet Entry Procedures** (p. 5) of this announcement, for additional details.
- **There will be NO Finals Ready Room** at this event. Athletes will not be paraded to the blocks. Athletes are to report to their lane, and the championship heat will be announced behind the blocks.
- **Awards MAY be presented at this event.** Final details will be announced at the General Meeting.

ORDER OF EVENTS

Women's Event #	Wednesday * April 3, 2024	Men's Event #
1	200 Backstroke	2
3	100 Butterfly	4
5	500 Freestyle	6
7	200 Medley Relay (A)	8
Women's Event #	Thursday * April 4, 2024	Men's Event #
9	200 Freestyle	10
11	100 Backstroke	12
13	400 Individual Medley	14
15	200 Freestyle Relay (A)	16
Women's Event #	Friday * April 5, 2024	Men's Event #
17	200 Butterfly	18
19	100 Freestyle	20
21	200 Breaststroke	22
23	200 Mixed Medley Relay (B)	23
Women's Event #	Saturday * April 6, 2024	Men's Event #
24	100 Breaststroke	25
26	50 Freestyle	27
28	200 Individual Medley	29
30	1650 Freestyle (C)	31
32	200 Mixed Freestyle Relay (B)	32

A: These relay events will be conducted as timed finals **with A & B relays swum at the end of Finals**, using the National Event Format: Fastest two heats of women (second fastest, fastest) followed by fastest two heats of men (second fastest, fastest), then alternating women/men fastest to slowest (3rd fastest women, 3rd fastest men, 4th fastest women, 4th fastest men, etc)

There may be a 10-min break following the conclusion of Finals individual events, prior to the start of these relays.
Finals Relays may be swum in two courses.

ALL C Relays will swim in Prelims, fastest to slowest, in event order (all women's heats, then all men's heats).

There may be a 10-min break following the conclusion of Preliminary individual events, prior to the start of these relays.

B: These relay events will be conducted as timed finals with **A – D relays swum at the end of Finals**, as follows:
Fastest two heats (second fastest, fastest) followed by all other heats, swum fastest to slowest (3rd fastest, 4th fastest, etc)

There may be a 10-min break following the conclusion of Finals individual events, prior to the start of these relays.
Finals Relays may be swum in two courses.

ALL E & F Relays will swim in Prelims, in event order, fastest to slowest.

There may be a 10-min break following the conclusion of Preliminary individual events, prior to the start of these relays.

C: The 1650Y Freestyles will be conducted as timed finals, following the National Championship format. **The fastest (single) seeded heat of each gender will swim in the Finals session as follows:** Women's fastest heat following Event 25 * Men's fastest heat following Event 27.

All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin.
These heats may be swum in two courses.

Athletes may qualify for this event using any of the 1650Y/1500M or 1000Y/800M time standards. Non-conforming distance entry times (1000Y/800M) will be seeded after conforming distance entry times. Order of seeding: 1650Y-1500M-1000Y-800M

RULES

- Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy ("MAAPP") which is detailed on p. 9 of this meet announcement. Utah Swimming Policies & Procedures will also apply.
- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- All athletes ages 18-19 must have completed and be current with the USA Swimming Athlete Protection Training certification to compete.
- **The age of the athlete will be his/her age as of April 3, 2024 (the first day of competition).**
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach in attendance must report to the Meet Director or Meet Referee who may assist an athlete in making supervision arrangements, but it is the athlete's responsibility to make these arrangements prior to the start of the meet and to so notify the Meet Referee.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke Start, or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the athletes' and coaches' responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet's scratch rules.
- Deck changes are prohibited.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography including visual recording is not allowed behind the blocks during the start of a race or relay exchange.
- 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.
- All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach's credentials include current water safety skills and CPR/AED certification. The facility's AEDs are located on the north wall of the natatorium (under the spectators) by the doors to the wet classroom and in the main lobby behind the front desk. All emergencies can be mitigated through the lifeguards and campus security. If the situation is deemed a medical emergency the lifeguards will call 911 and handle the paperwork.
- Per UTSI P&P 303, any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member UTSI club, it must be on file with the club. If unaffiliated with a member UTSI club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement. [Required Form: CONCUSSION IN YOUTH SPORTS – Informed Consent Acknowledgement](#)
- **All athletes (or parent/guardian if under 18) are required to complete any necessary paperwork and submit to Meet Host as a condition of meet entry.**

RESTRICTIONS

- **This is a CLOSED-DECK meet. Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition deck.**
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Only service animals shall be allowed in the facility.

Broadcast Statement

Photographs, videotape, audio, and/or other 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, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

Photography and Videos

Photographers and/or videographers may be present on deck at this meet. **Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race including relay exchanges.**

ELIGIBILITY

This meet is open to all athletes **AGES 19 AND UNDER** who:

1. Are currently registered Premium or Outreach members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. **This is a closed meet and open only to athletes currently registered within the LSCs of the Western Zone as of the date entries close.**
There will be no on-deck transfers at this meet, into either an eligible club or LSC.
3. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions **between October 1, 2022, and the close of entries.** Qualifying times for this meet will be the 2024 Short Course Senior Zone "A" standards and Bonus standards for individual events. These are attached to this meet announcement on p. 10 - 11.
4. **There will be NO relay-only athletes allowed at this meet** – see Entries > Relay Event Limits, p. 6 for additional information.
5. There are no de-qualification time standards for this meet.
6. Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative prior to the scratch deadline for the event. Failure to provide such proof of time prior to that deadline will result in the athlete being removed from the event. It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times are in SWIMS.
7. There are no relay time standards, and proof of relay entry times is not required.
8. All athletes ages 18-19 must have completed and be current with the USA Swimming Athlete Protection Training certification to compete.
9. Athletes with a disability who have achieved the USA Swimming Zone Para qualifying time standards during the qualifying period for this meet may enter individual events for which the standard has been achieved. These standards are attached to this meet announcement on p. 12.
 - ✦ Contact Meet Entry Chair Herb Schwab herb.schwab@gmail.com for information on how to enter athletes with disabilities into the meet.
 - ✦ Athletes with disabilities may also participate in SCY Time Trials on the same basis as other entered athletes – see **Time Trials**, p.8 for additional information.
10. In accordance with USA Swimming Rules 202.4.15 & Article 105.1, and UTSI P&P 151, the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.

Meet Entry Procedures

Entries will be submitted for this meet via Email using a meet entry file & PDF documents, as detailed below

Meet Entry Chair:

Herb Schwab
281-242-1334 (cell)
herb.schwab@gmail.com

Dates & Deadlines:

- **Entries OPEN on Tuesday, December 12, 2023**
- **Entries CLOSE with the team having the 800th athlete -OR- Wednesday, March 13, 2024 @11:59pm Pacific Time, whichever is sooner.**

Once Meet Entries have CLOSED, a team's total number of athletes entered becomes fixed.

If Meet Entries CLOSE **prior** to the Final Entry Deadline of March 13, 2024, **teams with confirmed entries** will be allowed the following entry adjustments:

1. Teams may scratch previously entered athletes, with NO REFUNDS.
2. Teams may enter new athletes, *with full entry fees due for newly added athletes*, up to the team's fixed number of athletes.
3. **Teams may not exceed the fixed number of athletes confirmed as entered, as determined at the time entries CLOSE.**
4. All adjustments to a team's confirmed entries must be completed by the **FINAL Entry Deadline** of 11:59 PM Pacific Time, March 13, 2024

NO LATE ENTRIES after the FINAL Entry Deadline will be accepted for this meet.

STATEMENT OF ELIGIBILITY RE QUALIFYING ENTRY TIMES:

Athletes must have entry times that meet the following criteria in order to be eligible to enter this meet:

1. Have met the appropriate 2024 qualifying entry times in competition **between October 1, 2022, and the close of entries**, as noted in Eligibility, #3, above. Proof of relay entry times is not required.
2. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions, or a recognized foreign competition.
3. **Entry times must meet the “Proof of Times” requirements listed below.** *It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times meet these “Proof of Times” requirements.*
4. Meet Management reserves the right to request “Proof of Times” documentation at any point.

Proof of Times:

- **SWIMS:** If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times > Individual Times Search) and it was swum in the appropriate qualifying period, it is considered a proven official time.
- **Official Meet Results:** If a time for a swimmer is listed in the official meet results of a USA Swimming sanctioned, approved, or observed competition, or a recognized foreign competition, and it was swum in the appropriate qualifying period, it is considered a proven official time.
- **Meet Mobile is NOT acceptable as verification for “Proof of Times”**

Preparing & Submitting Entries

- All meet entries will be conducted via Hy-Tek -or- Hy-Tek compatible entry files, using the official meet events entry file posted on the Western Zone website under this event.
- The official entry file includes qualifying times for SCY, SCM, and LCM using the meet qualifying time standards.
- **The Meet Entry Qualifying Time Period is October 1, 2022, through close of entries.**

Submit entries via email to the Meet Entry Chair, Herb Schwab herb.schwab@gmail.com beginning at 10:00 am Pacific Time, Tuesday, December 12, 2023.

Entry Submissions must include the following:

1. Zipped Hy-Tek -or- Hy-Tek compatible entry file (e.g. Team Manager or Team Unify)
2. PDF copy of individual entries, with “Bonus” events clearly designated on the entry report
3. PDF copy of relay entries
4. PDF copy of entry fees due
5. Contact information including email and cell numbers for both:
 - a. The individual responsible for the entry and pre-meet communications
 - b. The coach who is responsible during the meet for entry, admin & other meet-related matters.

Per UTSI Rules and Regulations 1.3 and 1.4:

- 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 the only person to make changes and will be responsible for all penalties resulting from inaccurate times and unregistered swimmers.
- By the action of entering the swimmer in the meet, the submitter, whether the swimmer, coach, parent, or team representative, certifies that the swimmer is a currently registered member of USA Swimming and that all times stated in the entry are true and correct.

Individual Event Limits

Athletes may enter up to nine (9) individual events but may only compete in a maximum of seven (7) individual events total (including Bonus events, but *not* including Time Trials).

- Athletes may not compete in more than three (3) individual events per day, *including* Time Trials.
- Athletes may enter any number of time trials during the course of the meet but may not exceed the limit of three (3) individual events per day with a combination of time trials and individual meet events. See **Time Trials** p. 8 for additional information.

Bonus Event Limits

Athletes entered in the meet with at least one qualified individual event will be eligible to enter up to a maximum of two (2) Bonus events in which the Bonus standard has been achieved.

- Bonus events are limited to distances of 200Y or less.
- **Bonus times must appear in SWIMS within the qualifying time period: October 1, 2022 through close of entries. NT entries will not be accepted.**
- **NOTE: Bonus events must be clearly marked as “Bonus” when preparing entries and clearly marked as “Bonus” on the PDF copy of entries when submitted.**

Relay Event Limits

There will be NO relay-only athletes. Athletes must be entered in the meet in an individual event to swim on a relay.

- There are *no* relay time standards, and proof of relay entry times is *not* required.
- Athletes may compete in one relay per day, and up to four (4) relays total for the meet.
- **Single-gender Relays:** Maximum of THREE (3) relay entries per team, per gender (A-B-C)
 - 🚩 All single-gender C relays will be swum in Preliminary Heats *only*
 - 🚩 Finals A & B Relays wishing to swim in preliminary heats rather than the Finals heats need to declare this intention by the stated scratch deadline for that day's events.
- **Mixed-gender Relays:** Maximum of SIX (6) relay entries per team (A – F)
 - 🚩 Mixed-gender relays must be comprised of two female athletes and two male athletes.
 - 🚩 All mixed-gender E & F relays will be swum in Preliminary Heats *only*
 - 🚩 Finals A – D Relays wishing to swim in preliminary heats rather than the Finals heats need to declare this intention by the stated scratch deadline for that day's events.

Updates to Confirmed Meet Entries:

Teams with Confirmed athlete entries may update to add additional swims and update entry times until the FINAL meet entry deadline, March 13, 2024 @ 11:59 pm Pacific Time, *under the specifications noted on page 5, above.*

Send updates for Confirmed meet entries via email to Meet Entry Chair Herb Schwab herb.schwab@gmail.com with the following information:

1. Updated Zipped Hy-Tek -or- Hy-Tek compatible entry file (e.g. Team Manager or Team Unify)
2. Updated PDF copy of individual entries, with "Bonus" events clearly designated on the entry report
3. Updated PDF copy of relay entries (if applicable)
4. Updated PDF copy of entry fees due

Entry Fees

Meet Surcharge	\$40.00 surcharge per athlete
Meet Entry Fees	\$20.00 per individual event entry \$40.00 per relay entry

Payment of Entries: Payment for entries will be collected on-site at the REGISTRATION DESK and must be paid in full to receive the team's packet containing meet credentials and team information.

- Teams will have the option of paying by either check or credit/debit card at the Registration Desk.
- *Make checks payable to Vandal Aquatic Club.*
- *If paying by credit card, the processing fees will be added to your invoice.* Complete details of paying via credit card will be shared at the General Meeting.

Entry Deletions: *Once an entry file has been submitted and confirmed, NO entries may be removed from the meet.* Removing entries will be processed as scratches, and **NO refunds will be issued.**

SCRATCH PROCEDURES

**The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet.
These rules are described in USA Swimming Rule 207.11.6 in the current Rulebook.**

Scratch Deadline for ALL Preliminary and Timed Finals Events, including Relays and the 1650Y Freestyles, will be 6:00 pm of the day PRIOR to the event being swum.

- All scratches for preliminary and timed finals events may be made on site at the meet, or via email to the Admin Referee, Chris Lam: lam.christopher@outlook.com
- Athletes are considered checked in for all individual events unless scratched.

Scratches From Finals

All scratches from Finals must be completed within the deadlines specified by the USA Swimming Rule 207.11.6 and must be made **on-site** with the Administrative Referee **at the meet.**


RELAYS will follow the same scratch procedures as Individual Events.

- 🚩 *Scratches for relays are due to the Admin Referee prior to the scratch deadline for that day's events.*
- 🚩 *Finals Relays wishing to swim in preliminary heats rather than the Finals heats need to declare this intention by the stated scratch deadline for that day's events*

Entry forms for the submission of names not previously submitted with entries, or for making changes to athletes swimming on a relay, will be available at Administration Desk. Please list the competing relay swimmers with first and last names and order of swimming for each entered relay. Relay forms are due to the Administration Desk no later than one (1) hour prior to the start of the relays. However, relay names and order may be changed up to the time of the swim at the blocks, with the timers.

OTHER IMPORTANT INFORMATION**Scoring**

Scoring will be on a twenty-four (24) place basis.

- **Individual events:** 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- **Relays:** 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
-  Scoring for mixed gender relays will be evenly split between men's and women's team scores and credited in full to combined team scores.

Awards

- **Awards MAY be presented at this event.** Final details will be announced at the General Meeting
- Medals: top three (3) individual and relay places.
- Team awards: First through Third places for Women, Men, and Combined. Team scoring will include both individual and relay events to 24 places each. Both women and men must score for a team to be eligible for a combined scoring team award.
- Individual High Point Awards: Top-scoring Woman and Top-scoring Man (individual events only)

General Meeting

A General Meeting will be held via Zoom on Wednesday, March 27, 2024, at 7:30 pm Pacific Time. Link will be sent after close of entries.

Teams must have a coach or team representative in attendance.

Coaches not in attendance are responsible for obtaining the information covered in the General Meeting.

Registration & Team Check-In / Clerk of Course

Site-specific details will be provided after close of entries.

Meet Time Line

If the projected length of any session exceeds 4½ hours, the Meet Referee, in consultation with the meet host, reserves the right to adjust. All adjustments will be announced at the General Meeting, and as necessary during the event.

Warm-Ups

The Utah Swimming Meet Warm-Up Guidelines will be in effect for this event. Warmup details will be distributed to coaches following the close of entries. However, the Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet.

SCY Time Trials - Summary * Confirmed details will be sent out following the close of entries

- SCY Time Trials will be held under a separate sanction of Utah Swimming, Inc.
- SCY Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Entries for SCY Time Trials may be conducted through on-deck entries or may be conducted through OME - TBD
- Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- Athletes may enter any number of time trials during the course of the meet but may not exceed the limit of three (3) individual events per day with a combination of time trials and individual meet events.
- **SCY Time Trial Entry Fees: \$20.00 per individual event \$40.00 per relay event**

Timers & Counters

- Timers will be provided for individual Finals events, including the 500 Freestyle and 400 Individual Medley events.
- Participating teams may be assigned lanes for assisting with timing for all Preliminary events including relays.
- Athletes will need to provide their own timers for Time Trials and the 1650Y Freestyles – details will be announced following the close of entries.
- Athletes wishing to have a counter for distance events, including the 500 Freestyle, will need to provide a person for this purpose. Lap counting devices will be provided.

Hospitality

Hospitality will be provided for Coaches and Officials. Athletes may not be present in the Hospitality Room.

Meet Information & Results

Meet Information and post-meet results will be posted to the websites listed on p.1 of this Announcement.

Spectators

Spectators MAY be limited at this event and Live streaming MAY be used. Additional information will be provided after the close of entries.

Parking at the Facility

Information on available parking can be found at www.parking.utahtech.edu. Specific questions may be directed to Valerie O'Rourke valerie.OURourke@utahtech.edu 435-879-4335

Concessions & Other Meet Vendors

Concessions & other meet vendors may be available at this event. Additional details will be provided as soon as they are available.

OFFICIALS

Officials interested in attending this event are invited to apply to officiate by completing the online application, below. Applicants must be a current member of USA Swimming and an LSC-certified official.

Officials Online Application link: [Application to Officiate – 2024 Short Course Senior Zone Championships](#)

Application Deadline for Assigned Positions: February 12, 2024

- *Application Deadline to receive meet-specific Officials Polo & Name Tag: March 1, 2024*
- *All other applications are encouraged by March 10, 2024*

This meet has been designated as a training meet for N2 and N3 Officials Certification. OQM # PENDING

Officials wishing to renew this level of certification must apply using the online application form (link above) and notify the Meet Referee upon arrival at the meet. Instructions for certification will be provided during Officials' Meetings.

Officials Uniform

The uniform for officials for the meet will be:

- **Prelims:** White polo shirt * khaki shorts, skirt, or pants * white, closed toe shoes with white socks
- **Finals:** Red polo shirt * khaki long skirt or long pants (shorts only during Prelims please) * white, closed toe shoes with white socks
- **Meet-specific Officials Polo & Name Tag:** **All officials who have submitted their application by March 1, 2024, will receive a meet-specific RED Officials Polo for Finals & a personalized Name Tag.**
- **Officials Online Application link:** [Application to Officiate – 2024 Short Course Senior Zone Championships](#)

Officials Meetings

Officials' Meetings will be one hour before each day's sessions; location and exact times TBA

SAFE SPORT

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The Minor Athlete Abuse Prevention Policy ("MAAPP") (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before **April 3, 2024**, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed.

Times achieved by an athlete who turns age 18 on or before **April 3, 2024**, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.



2024 Short Course Senior Zones

April 3 - 6, 2024

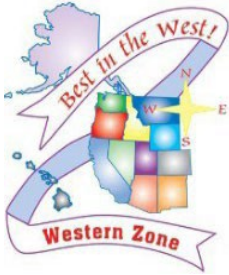
Utah Tech HPC Aquatic Center
St. George, Utah



Qualifying Time Period: October 1, 2022 - Close of Entries

Meet Qualifying Time Standards						
Women			Men			
LCM	SCM	SCY	Event	SCY	SCM	LCM
29.89	29.09	26.09	50 Free	23.29	26.19	26.79
1:04.99	1:03.19	56.59	100 Free	51.19	57.09	59.19
2:20.09	2:16.09	2:02.69	200 Free	1:52.09	2:04.69	2:09.29
4:54.49	4:48.09	5:29.09	400/500 Free	5:04.39	4:27.89	4:34.19
10:08.99	9:56.09	11:21.19	800/1000 Free	10:34.99	9:15.69	9:35.09
19:29.59	18:51.19	18:57.79	1500/1650 Free	17:44.09	17:37.89	18:11.69
1:11.79	1:08.49	1:01.39	100 Back	55.99	1:02.09	1:05.89
2:34.79	2:28.99	2:13.89	200 Back	2:01.59	2:15.99	2:22.69
1:21.69	1:18.89	1:10.49	100 Breast	1:02.89	1:10.49	1:13.79
2:57.39	2:50.79	2:32.79	200 Breast	2:18.19	2:33.09	2:40.49
1:10.09	1:08.39	1:01.39	100 Fly	55.49	1:01.99	1:03.59
2:33.89	2:31.39	2:15.79	200 Fly	2:04.29	2:17.49	2:21.49
2:37.59	2:32.69	2:16.99	200 IM	2:04.69	2:18.69	2:25.09
5:35.09	5:24.59	4:52.29	400 IM	4:28.59	4:58.69	5:07.29

NO DEQUAL TIME STANDARDS FOR 2024



2024 Short Course Senior Zones

April 3 - 6, 2024

Utah Tech HPC Aquatic Center
St. George, Utah



Qualifying Time Period: October 1, 2022 - Close of Entries

Bonus Time Standards						
Women			Men			
LCM	SCM	SCY	Event	SCY	SCM	LCM
30.39	29.59	26.59	50 Free	23.79	26.69	27.29
1:05.99	1:04.19	57.59	100 Free	52.19	58.09	1:00.19
2:22.09	2:18.09	2:04.69	200 Free	1:54.09	2:06.69	2:11.29
NA	NA	NA	400/500 Free	NA	NA	NA
NA	NA	NA	800/1000 Free	NA	NA	NA
NA	NA	NA	1500/1650 Free	NA	NA	NA
1:12.79	1:09.49	1:02.39	100 Back	56.99	1:03.09	1:06.89
2:36.79	2:30.99	2:15.89	200 Back	2:03.59	2:17.99	2:24.69
1:22.69	1:19.89	1:11.49	100 Breast	1:03.89	1:11.49	1:14.79
2:59.39	2:52.79	2:34.79	200 Breast	2:20.19	2:35.09	2:42.49
1:11.09	1:09.39	1:02.39	100 Fly	56.49	1:02.99	1:04.59
2:35.89	2:33.39	2:17.79	200 Fly	2:06.29	2:19.49	2:23.49
2:39.59	2:34.69	2:18.99	200 IM	2:06.69	2:20.69	2:27.09
NA	NA	NA	400 IM	NA	NA	NA

Para 1 ZONE Motivational Time Standards

P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys							
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:37.89	1:37.89	1:29.39	1:29.39	1:22.89	1:22.89	1:21.59	1:21.59	50 FR	1:33.29	1:33.29	1:24.29	1:24.29	1:18.29	1:18.29	1:15.29	1:15.29
	3:25.49	3:25.49	3:07.69	3:07.69	2:53.99	2:53.99	2:51.19	2:51.19	100 FR	3:30.59	3:30.59	3:10.29	3:10.29	2:56.69	2:56.69	2:49.89	2:49.89
	8:12.49	8:12.49	7:29.39	7:49.39	6:56.59	6:56.59	6:50.09	6:50.09	200 FR	5:46.79	5:46.79	5:13.19	5:13.19	4:50.89	4:50.89	4:39.69	4:39.69
	1:55.89	1:55.89	1:45.79	1:45.79	1:38.09	1:38.09	1:36.59	1:36.59	50 BK	1:17.89	1:17.89	1:10.39	1:10.39	1:05.39	1:05.39	1:02.79	1:02.79
	3:32.99	3:32.99	3:14.59	3:14.59	3:00.39	3:00.39	2:57.49	2:57.49	100 BK	2:50.19	2:50.19	2:33.69	2:33.69	2:22.69	2:22.69	2:17.29	2:17.29
	1:47.29	1:47.29	1:30.99	1:37.99	1:30.79	1:30.79	1:29.39	1:29.39	50 BR	1:24.19	1:24.19	1:16.09	1:16.09	1:10.59	1:10.59	1:07.89	1:07.89
	5:05.89	5:05.89	4:39.39	4:39.39	4:18.99	4:18.99	4:14.99	4:14.99	100 BR	4:04.19	4:04.19	3:40.59	3:40.59	3:24.89	3:24.89	3:16.99	3:16.99
	2:52.49	2:52.49	2:37.49	2:37.49	2:25.99	2:25.99	2:23.69	2:23.69	50 FL	2:37.89	2:37.89	2:22.59	2:22.59	2:12.39	2:12.39	2:07.29	2:07.29
	7:07.49	7:07.49	6:30.39	6:30.39	6:01.89	6:01.89	5:56.19	5:56.19	150 IM	7:02.79	7:02.79	6:21.89	6:21.89	5:54.59	5:54.59	5:40.99	5:40.99

Para 2 ZONE Motivational Time Standards

P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								P2	Boys							
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	53.29	56.09	48.79	51.29	45.19	47.49	44.49	46.79	50 FR	50.69	53.39	45.79	48.19	42.59	44.75	40.89	43.09
	1:58.69	2:04.89	1:48.39	1:54.09	1:40.49	1:45.69	1:38.89	1:44.09	100 FR	1:51.89	1:57.69	1:40.99	1:46.39	1:33.99	1:38.79	1:30.19	1:34.99
	4:04.29	4:17.09	3:43.09	3:54.79	3:26.59	3:37.69	3:23.59	3:34.29	200 FR	3:56.59	4:09.09	3:33.69	3:44.99	3:18.59	3:28.89	3:10.79	3:20.89
			9:17.49	7:35.09	8:25.49	6:52.59	8:17.49	6:46.09	400/500 FR			8:59.39	7:20.29	8:20.79	6:48.79	8:01.59	6:33.09
	1:04.79	1:08.19	59.19	1:02.29	54.89	57.69	53.99	56.79	50 BK	57.39	1:00.39	51.79	54.49	48.19	50.69	46.29	48.69
	2:29.89	2:37.69	2:16.89	2:24.09	2:06.89	2:13.49	2:04.89	2:11.39	100 BK	2:32.89	2:40.89	2:09.69	2:16.49	2:00.59	2:06.79	1:55.79	2:01.89
			4:42.39	4:57.19	4:21.79	4:35.49	4:17.69	4:31.19	200 BK			4:03.49	4:16.29	3:46.09	3:57.99	3:37.39	3:48.79
	1:07.69	1:11.19	1:01.79	1:04.99	57.29	1:00.29	56.39	59.29	50 BR	1:04.99	1:08.39	59.19	1:01.79	54.59	57.39	52.39	55.19
	2:29.99	2:37.89	2:16.99	2:24.19	2:05.19	2:13.69	2:05.09	2:11.59	100 BR	2:24.09	2:31.69	2:10.19	2:16.99	2:00.99	2:07.19	1:56.19	2:02.39
			5:00.09	5:15.79	4:38.19	4:52.79	4:33.79	4:48.19	200 BR			4:40.89	4:55.69	4:20.99	4:34.59	4:10.79	4:23.99
	1:05.29	1:08.69	59.59	1:02.69	55.19	58.09	54.39	57.19	50 FL	52.49	55.29	47.39	49.89	44.09	46.39	42.39	44.59
	2:47.69	2:56.49	2:33.19	2:41.19	2:22.09	2:29.49	2:19.79	2:27.09	100 FL	2:44.69	2:53.29	2:28.69	2:36.59	2:18.29	2:25.39	2:12.79	2:19.79
	5:11.09	5:27.39	4:44.09	4:58.99	4:23.39	4:37.19	4:19.19	4:32.79	200 IM	4:53.49	5:09.89	4:25.09	4:38.99	4:06.29	4:19.09	3:56.69	4:09.19

Para 3 ZONE Motivational Time Standards

P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								P3	Boys							
	10 U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	41.39	45.89	37.79	41.89	34.99	38.79	34.39	38.19	50 FR	37.39	41.49	33.79	37.49	31.39	34.79	30.09	33.49
	1:28.09	1:37.79	1:20.39	1:29.29	1:14.59	1:22.79	1:13.39	1:21.49	100 FR	1:21.19	1:30.19	1:13.39	1:21.49	1:08.29	1:15.79	1:05.49	1:12.79
	3:37.09	4:01.19	3:18.29	3:40.29	3:03.79	3:24.19	3:00.89	3:20.99	200 FR	3:05.69	3:26.29	2:47.69	3:06.39	2:35.79	2:53.09	2:29.79	2:46.39
	8:14.09	7:14.29	7:31.29	6:36.69	6:58.29	6:07.69	6:51.69	6:01.89	400/500 FR	8:01.09	7:02.89	7:14.39	6:21.89	6:43.49	5:54.69	6:27.89	5:40.99
			17:06.19	14:33.39	15:58.09	13:35.39	15:44.49	13:23.79	800/1000 FR			17:08.19	14:34.99	15:54.69	13:32.49	15:17.89	13:01.19
			30:59.39	29:02.59	29:03.69	27:13.89	28:40.09	26:52.09	1500/1650 FR			31:47.89	29:48.09	29:31.59	27:40.29	28:23.49	26:36.49
	52.19	57.89	46.89	52.09	42.99	47.69	42.19	46.79	50 BK	42.79	47.59	38.69	42.99	35.99	39.89	34.59	38.39
	1:45.49	1:57.19	1:36.38	1:47.09	1:29.39	1:39.29	1:27.99	1:37.69	100 BK	1:30.29	1:40.29	1:21.59	1:30.59	1:15.69	1:24.09	1:12.79	1:20.89
			3:57.09	4:23.39	3:36.89	4:00.89	3:32.79	3:56.39	200 BK			3:15.59	3:37.29	3:01.69	3:21.79	2:54.59	3:13.99
	52.69	58.49	47.49	52.69	43.39	48.19	42.59	47.29	50 BR	46.79	51.99	42.29	46.99	39.29	43.59	37.79	41.89
	1:52.29	2:04.69	1:42.59	1:53.89	1:35.09	1:45.59	1:33.49	1:43.89	100 BR	1:43.89	1:55.39	1:33.79	1:44.29	1:27.19	1:36.79	1:23.79	1:33.09
			3:49.99	4:15.49	3:30.39	3:53.69	3:26.39	3:49.29	200 BR			3:25.39	3:48.19	3:10.79	3:31.89	3:03.39	3:23.79
	47.39	52.59	42.59	47.29	38.99	43.29	38.29	42.49	50 FL	40.59	45.09	36.69	40.79	34.19	37.89	32.79	36.39
	1:35.39	1:45.89	1:27.09	1:36.69	1:20.69	1:29.59	1:19.39	1:28.19	100 FL	1:25.39	1:34.89	1:17.19	1:25.69	1:11.69	1:19.59	1:08.89	1:16.49
			3:45.69	4:10.69	3:26.39	3:49.29	3:22.49	3:44.99	200 FL			3:15.19	3:36.89	3:01.29	3:21.39	2:44.29	3:13.69
	3:43.19	4:07.89	3:23.79	3:46.39	3:08.99	3:29.89	3:05.99	3:26.59	200 IM	3:16.99	3:38.89	2:57.99	3:17.69	2:45.29	3:03.59	2:38.89	2:56.49
			8:12.89	9:07.59	7:30.79	8:20.79	7:22.29	8:11.39	400 IM			7:13.39	7:46.79	6:30.49	7:13.79	6:56.79	6:56.79