



2022 Southern Zone Senior Championships

Hosted by *Club Mountaineer Aquatics*

July 26-30, 2022

The Aquatic Center @ Mylan Park

1847 Fitness Way
Morgantown, WV 26501

Held under the Sanction of USA Swimming, Inc. and West Virginia Swimming, Inc
Issued by West Virginia Swimming Sanction # WV 2022-10

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND FLORIDA GOLD COAST SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION

We have taken enhanced health and safety measures – for you, our coaches, swimmers, officials, and volunteers. You must follow all posted instructions while attending this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By entering this meet, you voluntarily assume all risks related to exposure to COVID-19.

MEET DIRECTOR Victor Riggs wvuswimcoach@gmail.com 304-293-2154	MEET ENTRY COORDINATOR Victor Riggs wvuswimcoach@gmail.com 304-293-2154	MEET MARSHAL Renee Riggs reneecriggs@gmail.com
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QUALIFYING PERIOD AND ENTRY DEADLINE: Swimmers must have attained the qualifying time between January 1, 2021 and July 17, 2022. Online entries must be submitted via USA-S OME by Tuesday, July 19, 2022 by 11:59 PM Eastern Time. See **NEW QUALIFIERS** and **LATE ENTRIES** for other deadlines.

HOST: Club Mountaineer Aquatics

FACILITY AND POOLS: Specifications
The Aquatic Center @ Mylan Park
Address: 1847 Fitness Way, Morgantown, WV 26501
Phone: 304-933-2782

Facility/Pool Specifications: The Aquatic Center at Mylan Park (AC@MP) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, a classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8, 50-meter competition lanes with a depth of 7'-6" to 7 feet that can be configured for separate 8-lane and 10-lane, 25-yard competition courses. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 4 to 10 warm-up/warm-down lanes at any time. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,200 above the deck offers bleacher seating with backs, tables, and open seating. The facility may charge a fee for admission to the spectator seating area overlooking the pool. There is a Colorado timing system with HD video scoreboard. Meet participant parking is available on site. **ONLY USA Swimming registered athletes, meet personnel, and current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. ALL coaches, officials, and meet personnel will be required to wear credentialed wristbands or lanyards on the pool deck. Please check-in at the clerk of course.**

CLASSIFICATION: **NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK.** Senior championships offering preliminaries with four (4) finals heats and timed finals events with qualifying time standards.

REGISTRATION: All swimmers must be registered with USA Swimming prior to the entry deadline. There will be no USA Swimming on deck registration available at this meet.

USA Swimming registration and entry times will be confirmed with a SWIMS recon. Each club is responsible for the proper registration of its swimmers. Unattached swimmers are responsible for their own registration. Teams and swimmers are responsible for any fines that the host LSC may impose for registration violations.

ELIGIBILITY: This meet is open to any USA Swimming registered swimmer representing a USA Swimming member club/LSC within the Southern Zone who has met the qualifying requirements as stated in this document.

SCHEDULE: Unless noted otherwise, deadlines will be in local time (EST).

Session	Day	Warm-up	Meet Start
Open Pool Hours	Monday (For other hours, teams may contact Meet Director to arrange for lanes.)	6:30-8:00PM LCM	NA
General Meeting	Monday	7:00PM	Via Zoom
Open Pool Hours	Tuesday	9:30 – 11:00AM LC	NA
1A	Tuesday – 800M Free	12:30-1:45PM	2:00PM
1B	Tuesday – 200M Relays	4:45-5:45PM	6:00 PM
2	Wednesday Preliminaries	6:45-8:45 AM	9:00 AM
3	Wednesday Finals	3:45-5:15 PM	5:30 PM
4	Thursday Preliminaries	6:45-8:45 AM	9:00 AM
5	Thursday Finals	3:45-5:15 PM	5:30 PM
6	Friday Preliminaries	6:45-8:45 AM	9:00 AM
7	Friday Finals	3:45-5:15 PM	5:30 PM
8	Saturday Preliminaries	6:45-8:45 AM	9:00 AM
9	Saturday Finals	4:15-5:15 PM	5:30 PM

RULES: This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated. Posted facility rules and local ordinances will be observed to ensure the safety of all participants. Coaches and swimmers are expected to be familiar with these rules.

SAFETY AND SAFE SPORT: The LSC Safety Program is in effect for this meet. Coaches are advised to supervise their swimmers at all times. Only feet first entry into warm down lanes at all times and during warmups except during specific warmups periods while under the direct supervision of a certified coach. No glass is allowed in the pool area or locker rooms at any time. Running and horseplay will not be allowed. As at any pool, the deck may be slippery, and caution should be taken to prevent accidents. Swimmers are not allowed in pool equipment rooms or work out rooms. Fire exits, doorways, passages, and air ducts may not be blocked.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Flash photography of any kind at the start of a race is prohibited. No recording or photographic devices may be used behind the blocks without Meet Referee approval.

All applicable 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.

Deck changes are prohibited.

Unless approved in writing in advance of the competition by the Program & Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

USA Swimming athlete members 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 the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

Only meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck. No spectators are allowed on deck at any time.

Team photographers must be USA Swimming members, must receive permission from the Meet Director to be on deck, and must check in to receive a deck credential.

Public Health and Safety mandates and guidelines of the State of West Virginia, Monangalia County, The City of Morgantown, and the Aquatic Center at Mylan Park will be enforced.

**ENTRY TIME
STANDARDS AND
QUALIFYING
PERIOD:**

All swimmers must have met the 2022 Southern Zone Senior Championships time standards in long course meters, short course meters or short course yards in each non-bonus event entered. Times must have been achieved between January 1 of the prior calendar year and the Sunday of the week prior to the first day of the meet. Times must have been achieved at a USA Swimming sanctioned, approved, or observed meet or at an NCAA meet.

The qualifying period for the current meet is January 1, 2021 until Sunday, July 17, 2022.

Swimmers must enter in the course in which they achieved the time standard (LCM/SCM/SCY) and must enter with their fastest times. Swimmers will be seeded in the order of LCM/SCM/SCY. Faster times achieved after the entries have been submitted will not be accepted.

There are no relay standards and teams may enter with aggregate or estimated times.

**ENTRY PROCESS
AND ONTIME
DEADLINES:**

Teams must enter the meet using the USA Swimming On-Line Meet Entry (OME) system. This is the only accepted process for pre-entering the meet. The entry deadline for this meet is Tuesday, July 19, 2022 at 11:59 PM Eastern Time.

**NEW QUALIFIERS/
NEW EVENTS:**

Swimmers achieving a qualifying standard in a new event after the entry deadline may enter that event at regular entry fees by completing and emailing the attached **AFTER DEADLINE QUALIFIER ENTRY FORM** to the Meet Entry Coordinator by the deadline. The new qualifier entry deadline for this meet is Monday, July 25, 2022, at 11:59 PM Eastern Time. New

qualifiers for the meet are eligible to swim bonus events as outlined below. Swimmers may not use the new qualifier entry process to improve seed times for previously entered events.

LATE ENTRIES: The Admin Referee will accept requests for late entries on deck until 8:15 AM each morning beginning Wednesday of the meet. Swimmers must present proof of USA Swimming membership if they are not already entered in the meet, proof of required qualifying times, and must pay all late fees by cash or check at time of entry. Late entries will be seeded with NT. The Meet Referee will decide whether to accept late entries for open lanes only or to create new heats.

BONUS EVENTS: Bonus events are offered at this meet. Swimmers may enter one bonus event per one qualifying event entered, subject to daily and meet event limits. Bonus events should be entered by selecting the Bonus check box in OME. The 800 and 1500 Freestyles cannot be entered as bonus events (Note: OME will not accept bonus entries in these events).

RELAY EVENTS: All relay swimmers must be entered in at least one qualifying event. No relay only swimmers may be entered.

50's OF STROKES: The corresponding 100M qualifying times will be used to qualify for and enter the 50M Breaststroke, Butterfly, and Backstroke events.

ENTRY LIMIT: Swimmers may enter and swim a maximum of three (3) individual events per day and six (6) individual events for the meet. Time trials (limit one time trial event per day) count toward the swimmer's daily limit but not toward the meet limit.

Teams may enter as many relays as they like however only those designated A and B will be allowed to score. Other relays shall be designated as exhibition.

ENTRY FEES: **Make checks payable to Friends of Club Mountaineers. All fees are non-refundable. Payment in full is due no later than the 6:00 PM Relay Session on Tuesday, July 26, 2022. Mailing Address: Friends of Club Mountaineers Inc., 218 Poplar Drive, Morgantown, WV 26505 Payment by Cash will also be accepted for late entries.**

Individual Event	\$15.00 per event
Relays	\$30.00 per relay
Facility and LSC Surcharge	\$20.00 per swimmer
Time Trials events	\$15.00/30.00 per event
Late Entry Fee (double)	\$30.00/\$60.00 per event

SEEDING: The conforming time standard for this meet is long course meters (LCM). Swimmers will be seeded in the order of LCM/SCM/SCY, all qualifiers then all bonus swimmers. Swimmers will be seeded and swim from fast to slow unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee. All events 200M and shorter will be seeded after the scratch deadline (the prior evening).

SCRATCHING: Scratches prior to the seeding of heats shall be confirmed by filling out a scratch card and depositing in the scratch box by 6 PM on Tuesday for Wednesday's events and 5:30 PM on Wednesday through Saturday for the follow day's events. The scratch box will be located at the Clerk of Course.

POSITIVE CHECK IN PROCEDURES: A positive check in, located at the Clerk of Course, will be required for these events. Swimmers and relay teams who do not positively check in will not be seeded in the event:

- 800 Freestyle
- 400 Individual Medley
- 400 Freestyle
- 1500 Freestyle
- All Relays

POSITIVE CHECK	EVENT	DAY	TIME
	Positive check in 800 Freestyle	Tuesday	1:00 PM
	Positive check in Tuesday night relays*	Tuesday	5:00 PM
	Positive check in Wednesday night relays*	Wednesday	4:30 PM
	Positive check in 400 Individual Medley	Thursday	8:15 AM
	Positive check in Thursday night relays*	Thursday	4:30 PM
	Positive check in 400 Free	Friday	8:15 AM
	Positive check in Friday night relays*	Friday	4:30 PM
	Positive check in 1500 Free	Friday	7:00 PM
	Positive check in Saturday night relays*	Saturday	4:30 PM

*Relay cards are due by the positive check-in deadline each night, but order may be changed with the Admin Ref or the head lane timer up until the relay swims.

SCRATCH PENALTIES: There is no penalty for failure to compete in pre-seeded preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three events per day limit and six events per meet limit. There is no penalty for failure to compete in relay events.

A swimmer who is properly checked in for a positive check in deck seeded individual event, been seeded, and fails to compete in said event, shall be barred from competition for the rest of the day unless excused by the Meet Referee or a fine of \$25 is paid to the Admin Referee.

Swimmers initially qualifying for an A, B, C or D Final who neither scratch with the Administrative Referee nor declare their intent to scratch within 30 minutes after the announcement of qualifiers for that event are considered checked in. Checked in swimmers who fail to compete in Finals shall be barred from competition for the rest of the meet unless excused by the Meet Referee. In order to field full Finals heats, swimmers who qualify in the top 60 and have no intention of swimming in Finals should indicate this by scratching.

FORMAT: Individual Events: All individual events 400M or less will be conducted as preliminaries and finals including the 400 Individual Medley and the 400 Freestyle, which will be deck seeded after positive check in. The 800 Freestyle and the 1500 Freestyle will be conducted as timed finals and will be deck seeded after positive check in.

Finals: There will be **A Final, B Final, C Final, and D Final heats**. The Finals heats will be swum in the following order: D Final, C Final, B Final, and A Final. The A, B, and C Finals will be scored. All Finalists should report to the blocks. A Finalists will be announced behind the blocks and B, C, and D finalists will be announced in the water. Alternates should report to the starter prior to the start of the event and will swim in D Final should no shows occur.

400 Free: The 400 Free events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top two heats) with all heats swum fastest to slowest alternating women and men.

400 IM: The 400 IM events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top two heats) with all heats swum fastest to slowest alternating women and men.

800 Free: The 800 Free events will be conducted as timed finals and will be deck-seeded after positive check in. The heats will swim fast to slow, alternating women and men. Swimmers must provide their own counters and timers.

1500 Free: The 1500 Free events will be conducted as timed finals and will be deck-seeded after positive check in. Swimmers may indicate AM/PM preference. Swimmers who do not indicate a preference will be seeded in the morning. The fastest heat of positively checked in swimmers of each gender who select PM will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session following the last event, fast to slow alternating women and men. Swimmers must provide their own counters. 1500 swimmers in the morning session may be required to provide their own timers.

Relays:

- All relays will be deck seeded after positive check in and conducted as timed finals.
- All relays will swim in the Finals sessions.
- The 800 Free relays and 200 Mixed relays will swim fast to slow.
- For all other relays, the fastest two heats of women will swim slow to fast, followed by the fastest two heats of men swum slow to fast, with remaining heats swum fast to slow alternating women and men.
- Mixed relays will be made up of two women and two men.

CHASE STARTS: Based on entries, the Meet Referee, with the concurrence of the Meet Director, the SZ Officials Coordinator (or designee), and the SZSR Chair (or designee), may elect to use chase starts, flyover starts or flighted sessions. Coaches will be informed of these decisions and the procedures that will be followed at the General Meeting. The Meet Referee may combine heats and events as necessary. Breaks may be added at the Meet Referee's discretion.

SCORING: The A, B, and C finalists and the top 24 places in timed finals events will score points as follows:

- Individual: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events will score double.

AWARDS: **Individual and Relay Awards:** Medals for 1st through 8th place for individuals and relay events. Awards procedures will be announced at the General Meeting.

Team Awards: Plaques for 1st through 3rd place combined, men's, and women's teams will be presented at the conclusion of the meet.

HEAT SHEETS, RESULTS, & Heat Sheets will be available for coaches. Free heat sheets will be published on Meet Mobile.

SPECTATORS: Results will be posted at www.westvirginiawimming.org within 24 hours of the meet's conclusion. Electronic meet results will be available upon request to the meet host.

Spectators will be allowed into the facility (in the stands only) at a cost of \$5.00 per session or \$25.00 for the entire meet.

WARM-UP PROCEDURES:

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Specific warm-ups will be offered in the main competition pool thirty minutes before the session begins during which at least two lanes will be assigned as pace lanes and at least two lanes will be assigned as one-way race start lanes. Meet Management reserves the right to change warm up times according to the number of entries. During the competition, there will be at least eight 25M lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direct supervision of a certified coach.

TIME TRIALS:

Time Trials will be offered to properly entered qualifiers after each Preliminary session, time permitting and at the Meet Referee's discretion. Swimmers may enter up to one time trial per day. There will be no time trials on Tuesday. Time trial sessions and procedures will be confirmed at the General Meeting. Time Trials count toward a swimmer's three events per day event limit. Signups for each day's Time Trials will close at 10:00 AM. Time trial order will follow national protocol with the exception of the 50's, which, according to facility preference and Meet Referee discretion, may be offered as the first or last events of the time trial session. The 800 and 1500 Frees may be offered in only one of the time trial sessions to be determined by the Meet Referee. Furthermore, the Meet Referee may elect to offer open lanes in the slowest heats of the 1500 on Saturday to 800 and 1500 time trial swimmers.

Time Trial fees are \$15.00 per individual event and \$30.00 for relays payable by cash or check at sign up. Swimmers must provide their own timers and counters for Time Trials. Time Trials will begin no later than 15 minutes after the preliminary session conclusion.

GENERAL MEETING:

The General Meeting will be held at 7:00 PM CST on Monday July 25 via Zoom. A link will be provided later. Teams are responsible for knowing and complying with information distributed and decisions made at the General Meeting.

SWIMMERS WITH DISABILITIES:

The host team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in this meet. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the host team's ability to accommodate all requests.

COACHES:

All coaches on deck must be registered and certified with USA Swimming. Deck Pass is acceptable proof of USA Swimming membership. Meet Management will require all coaches to show photo ID and proof of current certification/registration to receive a meet credential. Coaches must display their meet credentials or have easy access to their printed or virtual USA Swimming membership card at all times while on deck. There may be coaches' meetings at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

TIMERS:

Team timing assignments will be scheduled based on team size. Coaches will be informed of their teams' assignments shortly after the entry deadline. This information will also be included in the heat sheet and posted at the pool.

- OFFICIALS:** Officials will be required to show proof of current USA Swimming membership and certification. Deck Pass is acceptable proof of USA Swimming membership. There will be an officials' meeting 1 hour prior to each session in the officials' room. All USA Swimming certified officials are welcome. Online Applications to Officiate are available on the Southern Zone website <https://www.teamunify.com/TabGeneric.jsp? tabid =43797&team=szlsc> Officials who want to work as S&T Judges are encouraged to apply but are not required to do so.
- CJs/Starters/Referees: Officials who are interested in being considered for assigned positions should indicate that on their Application to Officiate found on the Southern Zone website, <https://www.teamunify.com/TabGeneric.jsp? tabid =43797&team=szlsc> by June 15.
- The uniform for all sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate and white deck shoes.
- National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 all positions and N3 stroke and turn, N3i chief judge, and N3i and N3f starter. Officials wishing to request evaluation should complete the Application to Officiate on the Southern Zone website <https://www.teamunify.com/TabGeneric.jsp? tabid =43797&team=szlsc> by July 6. Officials are required to work a minimum of 4 sessions to be evaluated. Evaluation requirements can be found at www.USASwimming.org .
- TECHNICAL/
ELIGIBILITY
COMMITTEE:** A meet committee will consist of the host coach plus one additional coach and two swimmers, plus the Meet Referee, Meet Director, and the SZSR Chair or their designee who will act as Chair.
- HOSPITALITY:** A hospitality room will be available for coaches and officials.
- CONCESSIONS:** Concessions will be available on site.
- MEDIA:** Media meet credentials may be issued to members of the media who show proper identification to the Meet Director. Media agree to comply with Meet Referee direction on deck access and will not interfere with the conduct of the meet in any way.
- IMAGE RELEASE:** All participants agree to be filmed and photographed by the Zone, LSC, or host team approved photographer(s) and videographer(s) and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the Zone, LSC, or host team's website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.
- BAD WEATHER:** In case of an "Act of God" or bad weather scenario that jeopardizes a session, the Meet Committee with the Meet Director will make the final decision how the meet will safely proceed.
- COMMENTS:** Any comments regarding the conduct of the meet or problems that are not resolved in a satisfactory fashion should be communicated in writing to the Southern Zone Non-Coach Chair.

MERCHANDISE: Will be available online prior to the meet and on site during the meet.

AC@MP RULES:

- Swimming is allowed only when the area is supervised.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium area.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.
- Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- Don't hang on the lane lines.
- There will be NO SHAVING within the AC@MP Natatorium. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- Diving Boards will be closed and off-limits to all competitors and spectators.
- Please be neat. Throw your trash in the trash containers.
- NO LAWN CHAIRS are allowed in the facility.
- The AC@MP staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited. Team Banners will not be allowed in the facility. No handmade signs are allowed in the facility.
- No pets allowed in the AC@MP Natatorium complex or on the pool deck.



2021 SOUTHERN ZONE SWIMMING SENIOR LONG COURSE CHAMPIONSHIPS ORDER OF EVENTS



TUESDAY EVENTS		
Women's Event	Timed Finals at 2:00 PM / 6:00 PM	Men's Event
1	800 Freestyle	2
3	200 Medley Relay	4
5	200 Freestyle Relay	6
7 MIXED	MIXED 200 Medley Relay	---
---	MIXED 200 Freestyle Relay	8 MIXED
WEDNESDAY EVENTS		
Women's Event	Prelims at 9:00 AM / Finals at 5:30 PM	Men's Event
9	100 Freestyle	10
11	200 Breaststroke	12
13	200 Backstroke	14
15	200 Butterfly	16
17	50 Breaststroke	18
19	WOMEN'S 800 Freestyle Relay	---
THURSDAY EVENTS		
Women's Event	Prelims at 9:00 AM / Finals at 5:30 PM	Men's Event
21	50 Backstroke	22
23	200 Free	24
25	400 Individual Medley	26
27	50 Butterfly	28
---	MENS'S 800 Freestyle Relay	30
FRIDAY EVENTS		
Women's Event	Prelims at 9:00 AM / Finals at 5:30 PM	Men's Event
31	100 Backstroke	32
33	400 Freestyle	34
35	100 Breaststroke	36
37	100 Butterfly	38
39	400 Freestyle Relay	40
SATURDAY EVENTS		
Women's Event	Prelims at 9:00 AM / Finals at 5:30 PM	Men's Event
41	1500 Freestyle	---
43	200 Individual Medley	44
---	1500 Freestyle	46
47	50 Freestyle	48
49	400 Medley Relay	50



SOUTHERN ZONE SENIOR CHAMPIONSHIPS TIME STANDARDS



Qualifying period: January 1, 2021 - July 17, 2022

Women				Men		
LCM	SCY	SCM	Events	SCM	SCY	LCM
29.89	26.39	29.09	50 Free	26.19	23.69	26.79
1:05.09	57.19	1:03.19	100 Free	57.09	51.69	59.39
2:20.39	2:03.09	2:16.09	200 Free	2:04.69	1:52.79	2:09.29
4:54.49	5:29.09	4:48.09	400 Free	4:27.89	5:06.09	4:34.19
10:08.99	11:21.19	9:56.09	800 Free	9:15.69	10:34.99	9:35.39
19:29.59	18:57.79	18:51.19	1500 Free	17:37.89	17:44.09	18:11.69
100 Back Qualifying Times			50 Back	100 Back Qualifying Time		
1:12.49	1:01.99	1:08.49	100 Back	1:02.09	56.19	1:06.09
2:35.29	2:14.79	2:28.99	200 Back	2:15.99	2:03.09	2:22.69
100 Breast Qualifying Times			50 Breast	100 Breast Qualifying Time		
1:21.79	1:11.39	1:18.89	100 Breast	1:10.49	1:03.79	1:13.79
2:57.69	2:34.59	2:50.79	200 Breast	2:33.09	2:18.59	2:41.39
100 Fly Qualifying Times			50 Fly	100 Fly Qualifying Time		
1:10.29	1:01.89	1:08.39	100 Fly	1:01.99	56.09	1:03.59
2:34.59	2:16.99	2:31.39	200 Fly	2:17.49	2:04.39	2:21.89
2:38.99	2:18.19	2:32.69	200 IM	2:18.69	2:05.49	2:25.09
5:35.09	4:53.69	5:24.59	400 IM	4:58.69	4:30.29	5:07.29

HOTELS & RESTUARANTS IN THE AREA:

1. Courtyard By Marriott
2. Best Western
3. Fairfield Inn & Suites
4. Hampton Inn & suites
5. Hilton Garden Inn
6. Holiday Inn University
7. La Quinta Inn
8. Spring Hill Suites
9. Waterfront Place

Restaurants near hotels (5 min drive from pool):

1. Panda Express
2. Chik-Fil-A
3. Burger King
4. McDonalds
5. Olive Garden
6. Buffalo Wild Wings
7. Chipotle Mexican Grill
8. Texas Roadhouse
9. Cheddars Scratch Kitchen
10. Green Turtle
11. Tim Hortons
12. Los Mariachis
13. Chili's
14. Longhorn Steakhouse

Southern Zone Senior Championships Entry Summary, Waiver, and Liability Release:

Team Name:	Club Code – LSC:
Head Coach:	
Coach Cell Phone:	Coach Email:
Team Address:	

Entry Summary:	Total Swimmers	Total Individual Entries	Total Relay Entries	
Women				
Men				
Total Swimmers				
Fees per Swimmer/Event	\$10	\$15	\$30	
Total Fees Due	\$	\$	\$	\$

Make checks payable to Friends of Club Mountaineers Inc.. All fees are non-refundable. Payment in full is due no later than the 6:00 PM Relay session Tuesday, July 26, 2022. Payment by Cash will also be accepted.

Mailing Address: Friends of Club Mountaineers, Inc. 218 Poplar Dr. Morgantown, WV 26505

Waiver and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and LSC regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Host Team, Facility, LSC, other relevant parties, USA Swimming Southern Zone, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

TITLE/CLUB/DATE

AFTER DEADLINE QUALIFIER ENTRY FORM

For new qualifiers or new events for previous entered qualifiers obtained from July 18 – 25, 2022

May not be used to improve previously entered times

*** Deadline is Monday, July 25, 2022 at 11:59 PM Eastern Time ***

Swimmer Full Name (First MI Last)					
Gender (M/F)					
Date of Birth (MM/DD/YY)					
Team-LSC					
USA-S Registered? (Y/N)					
Entered in the meet? (Y/N)					
Event #	Event Name	Entry Time (LSY)	Bonus?	Date Swum	Meet Name
Swimmer Full Name (First MI Last)					
Gender (M/F)					
Date of Birth (MM/DD/YY)					
Team-LSC					
USA-S Registered? (Y/N)					
Entered in the meet? (Y/N)					
Event #	Event Name	Entry Time (LSY)	Bonus?	Date Swum	Meet Name

Scan/email form(s) to the Meet Entry Coordinator by the deadline. Bring payment to the meet.