



**14 & Under Central Zone Age Group Championship**  
Pleasant Prairie RecPlex  
Pleasant Prairie, Wisconsin 53158  
August 3-5, 2012



**NOTE: This version of the Zone Meet information packet has been amended by Michigan Swimming to provide details needed by Michigan athletes who are planning to attend this meet. Team Michigan coaches should refer to the version of this meet packet on the Central Zone website for any additional information.**

**Meet entries may only be submitted by the LSC attending the meet.  
Separate entries from individuals or clubs will not be accepted.**

- SANCTION:** Sanctioned by Wisconsin Swimming, on behalf of USA Swimming.  
Sanction Number **WI2012-240S** for Pool Events
- RULES:** Current USA Swimming rules will govern the Meet. Participating athletes must be ages 14 & Under, registered with USA Swimming in one of the participating LSCs, and have achieved qualifying times as described in the Eligibility section of this document.
- PARTICIPATING LSCs:** Illinois, Iowa, Michigan, Minnesota, North Dakota, South Dakota and Wisconsin.
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee, Travel Wisconsin and Kenosha Area Convention and Visitors Bureau.
- HOSTED BY:** Wisconsin LSC and Pleasant Prairie Patriots (PX3).
- MEET DIRECTORS:** Dennis DuChene  
Pleasant Prairie RecPlex  
9900 Terwall Terrace  
Pleasant Prairie, Wisconsin 53158  
[Dadii68@gmail.com](mailto:Dadii68@gmail.com) or [dduchene@kenoshacvb.com](mailto:dduchene@kenoshacvb.com)  
262-620-3066
- OFFICIALS:** Meet Referee: George Geanon, 262-691-0232, [gdgeanon@gmail.com](mailto:gdgeanon@gmail.com)  
Administrative Referee: Robert Welch, 630-661-3255, [rjwelch@sbcglobal.net](mailto:rjwelch@sbcglobal.net)
- MEET SITE:** Pleasant Prairie RecPlex  
9900 Terwall Terrace  
Pleasant Prairie, Wisconsin 53158  
262-947-0437  
[www.recplexonline.com](http://www.recplexonline.com)  
[www.patriot-swimming.com](http://www.patriot-swimming.com)
- FACILITY:** A. **Competition Pool:** Ten (10) lane, 50 meter indoor pool with Spectrum racing lanes (7'4" wide) and starting blocks (29.5" above the water) at both end of the pool. Minimum start end depth is 7'. The minimum water depth, measured in accordance with Article 103.2.3, is a slope to 12 feet at the start end, slope from 12 feet to 4.5 feet with a slope back to 7 feet in middle and 7 feet at the turn end. Colorado System 6 timing equipment, touch pads and back-up buttons with back-up watches and video board. The Competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Locker rooms are available with a total of 199 lockers. Deck seating for up to 500 is available. Seating will also be available outdoors and in the Field House. Concessions are offered in two (2) locations. Free Wi-Fi is also available in the RecPlex.



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- B. **Warm-up/down Pool:** 25Y pool adjacent to competition pool with a minimum of 2 lanes and a maximum of 4 lanes being available for the entirety of the competition period. No diving is allowed in this area. (Only available during competition, not during warm-ups)
- C. Spectator seating in the balcony for up to 650 people. Seating will also be available outdoors and in the Field House.
- D. There are two (2) concessions areas available that offer a wide array of food and beverage options.
- E. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

**MEET SCHEDULE:**

**Wisconsin Observes Central Daylight Time**

**A. Age Groups 11-12 and 13-14:**

- **Prelims** for 11-12 and 13-14: Warm-up 7 a.m.-8:30 a.m., Start 8:40 am
- **Finals** Friday, Saturday, Sunday: Warm-up 4 p.m.-4:50pm, Start 5 p.m.
- **Warm-ups** may be split for the preliminary sessions. (If split, each warm-up session shall be a minimum of 40 minutes.)
- **Warm-up for finals** will start as indicated or at conclusion of 10 and under session.
- **Finals** will start one hour after the start of warm-up.

**B. Age Group 10-U:**

- **Timed finals:** Warm-up at the conclusion of the a.m. session
- **Meet Start:** one hour later.
- **Warm-ups** for 10 and under events may be split.
- Note: Start times for the 10 & under sessions will be posted on the CZ website by 6:00 p.m. Wednesday August 1, 2012 and at the venue

- C. At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.

**TEAM REGISTRATION:**

- A. Registration will be held at: Pleasant Prairie RecPlex, Pollocoff Fieldhouse, Thursday August 2, 2012, from 1 p.m. to 6 p.m.
- B. All teams should schedule their arrival to register during these hours.
- C. **Note: This registration period is for team managers/coaches only; swimmers do not need to register individually with the meet host.**
- D. LSCs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue. See Page 9 for Thursday schedule.

**SAFETY/WARM-UP PROCEDURES:**

- A. Safety procedures of USA Swimming, including feet-first entry, will be followed.
- B. Specific warm-up procedures will be posted and distributed at the General Meeting.
- C. Coaches must be in control of their swimmers during their warm-up times.



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- LSC REPRESENTATIVE:**
- A. Each LSC must have a representative and alternate to act as a liaison between the LSC and the Meet Director. It is recommended that these persons NOT be the LSC's Head Coach. The Team Michigan liaison is Coach Damon Robertson.
  - B. These designated persons must be identified to the Meet Director either with the meet entries or at the General Meeting on the Thursday August 2, 2012 prior to the start of the Meet.
- ATHLETE CONDUCT:**
- A. CODE OF CONDUCT and MEDICAL RELEASE sample forms are included the meet packet. If the LSC does not have its own form(s), these may be duplicated and signed by each athlete and his/her parent(s)
  - B. Each LSC's representative must have these documents available to the host at all times.
  - C. The Code of Conduct will be enforced.
- ELIGIBILITY:**
- A. **Membership:** All athletes must be regular (not seasonal) USA Swimming members with the LSC they represent and be age 14 or under.
  - B. **Swimmer's Age:** Age of swimmer for pool competition shall be as of August 3, 2012
  - C. **Certification:** Any swimmer entered in the meet 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. 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. USA Swimming member athletes must be under the supervision of a USA Swimming member coach during warm up, competition and warm down.
  - D. **Qualifying Time/Eligibility:**
    - ☐ Swimmers must have achieved a National AAA time (LCM, SCM, SCY) between August 5, 2011 and July 30<sup>th</sup>, 2012.
    - ☐ Swimmers who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it is short course yards (SCY) or short course meters (SCM).
    - ☐ Swimmers who achieve individual event cuts for the following meets prior to their respective assigned Zone Championship entry deadline shall not be eligible to compete in that particular stroke and distance, including relay events.
      - 1) Short Course National Championships
      - 2) Summer National Championships
      - 3) Summer US Open
      - 4) Summer Junior National Championships
    - ☐ Each LSC may enter two (2) 10 & under, two (2) 11-12 and two (2) 13-14 swimmers with a disability who are not required to have achieved the qualifying time standards for their age groups/events.
- RELAY ENTRIES:**
- A. Team Michigan coaches will determine relay make-up and swimming order; however, swimmers should complete the Availability for Relays Form (Appendix 1) to let coaches know which days they will be at the meet and available for relays.



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B. Team Michigan will not include any RELAY ONLY swimmers.

**ENTRY LIMITS:**

- A. Swimmers may enter no more than six (6) individual events (excluding the Open Water event) of which no more than three (3) may occur on any given day.
- B. Each LSC may enter two (2) relays per relay event.
- C. No limit exists on the number of swimmers that an LSC may enter in an individual event.

**ENTRY**

**RESPONSIBILITY:**

- A. The LSC coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.
- B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.

**ENTRY FEES:**

\$6.00 per individual pool event  
\$1.00 per swimmer Central Zone surcharge  
\$20.00 per open water event  
\$50.00 participation fee per swimmer. This will be used to defray the cost of coach travel and accommodations, the athlete party, relays and additional necessary expenses.  
**Make check payable to: MICHIGAN SWIMMING.**

**ENTRY CHAIRMAN:**

Send entries to:  
Jan Cartmill  
2900 Rodd St #1784  
Midland, MI 48641-1784  
231/690-5847  
[JBCartmill@gmail.com](mailto:JBCartmill@gmail.com)

**ENTRY DEADLINE:**

Entries may be submitted to the MS Zone Meet entry chair by your club meet entry coordinator or by athletes beginning July 9, 2012. All entries for cuts earned prior to the MS 14 & U LCM State Meet must be received (either by mail or email) no later than Tuesday, July 24, 2012, 6:00 PM (EST). No fax or telephone entries will be accepted. Any entries submitted will not be considered as officially received until such time as the entry chair has received (a) a hard copy of your entry, (b) the Swimmer With a Disability Entry Form, if applicable (Appendix 2) (c) each swimmer's signed Permission & Release Form (see Page 14), (d) each swimmer's signed Code of Conduct Form (see Page 16), (e) each swimmer's Availability for Relays Form (Appendix 1) and, (f) a check for the entry fee made payable to MICHIGAN SWIMMING. There will be no deck entries at this meet.

**ENTRY PROCEDURES:**

- A. The order of events and event numbers may be imported from the Michigan Swimming website (<http://www.miswim.org>)



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- All entries are subject to the following conditions: 1) the entry is in Hy-Tek format and is received by email on or before Tuesday, July 24, 2012, 6:00 PM (EST) and 2) (a) through (f) in the ENTRY DEADLINE paragraph are received by Thursday, July 26, 2012, 6:00PM (EST). Send all email entries to [JBCartmill@gmail.com](mailto:JBCartmill@gmail.com). All risks in delay of the receipt of the email by the entry chair by the entry date/cutoff due to network problems fall on the risk of the sender.
  - If the entry must be submitted on paper, you may use the spreadsheet of your choice; however, it must be logically formatted and contain all pertinent entry information and supporting documents as in (b) through (f) above and it must be received on or before Tuesday, July 26, 2012, 6:00PM (EST).]
  - The MS entry chair will check SWIMS to verify swimmers' times and eligibility before submitting the LSC's entries to the host.
- B. Each swimmer entry must include first and last names; age as of the first day of the meet and complete USA Swimming registration number.
- C. Entries for swimmers with a disability should be sent on a separate entry form indicating preference for seeding (see Appendix 2).
- D. A table will be set up at the 14 & Under Long Course State Championship Meet in University Center, MI on Sunday afternoon and evening, July 29, 2012, to receive entries for any new Zone Meet qualifiers. All forms will be available at that time for swimmers and parents to sign. WE WILL NOT BE TAKING TIME UPDATES AT THE STATE MEET—ONLY NEW ENTRIES. State Championship Meet Results will be used to update times.

### ELIGIBILITY PROTESTS:

- A. Eligibility protests pertaining to the eligibility of any swimmer to compete or to represent an organization shall be submitted to the Eligibility Jury.
- The Eligibility Jury will be appointed by the Meet Referee and consist of an athlete, a coach, and an official
  - All protests made prior to or during the championship shall be submitted to the Eligibility Jury on a form prescribed by the Zone and accompanied by a \$50 fee, which shall be returned if the protest is upheld. The \$50 fee shall not be required for protests submitted by the Meet Referee or the host LSC Entry Chairperson(s).
  - Protests shall be heard by the jury, and, if possible, decisions rendered before the start of events on the day in which the protested swimmer competes, but no later than the last night of the championships. The opportunity to be heard shall be given to both the party lodging the protest and the party or parties charged.
  - Until the Eligibility Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.
  - The decision of the jury may be appealed by either party to the National Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.



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**SEEDING/CONDUCT:**

**A: Conduct:**

- 11-12 and 13-14 – Preliminary/Finals format except for the following: -
  - 400 IM, 800, 1500 Free for the 13-14 (fastest heat in finals) –
  - 400 Free, and 200s of stroke (back, breast, butterfly) for the 11-12 with fastest heat of each swum in finals
  - All Relays which will be timed finals.
- In finals, the consolation heat shall precede the championship heat.
- Fly-over starts will be used for the prelim sessions. Fly-over starts will only be used in the afternoon 10 & Under sessions if necessary because of timeline concerns and if agreed upon by the meet director, meet referee, and championship coordinator.
- 10 & Under–Timed Finals.

**B: Seeding Order:**

- First – Conforming times (LCM)
- Second – Non-conforming times (SCM then SCY)
- Third – Non-qualifying times (NT)

**C. Distance Events:**

- The 13-14 400 IM, 800 and 1500 Free shall be timed finals with the fastest seeded heat of girls and fastest seeded heat of boys swimming in finals.
- All other 400 IM, 800 and 1500 Frees shall be swum in the preliminary session, swimming fastest to slowest, alternating girls and boys.
- The 11-12 400 Free shall be timed finals with the fastest seeded heat of girls and fastest seeded heat of boys swimming in finals. All other heats will be swum fastest to slowest in the preliminary session in event order.
- The 11-12 200s of stroke (back, breast, butterfly) shall be timed finals with the fastest seeded heat of girls and fastest seeded heat of boys swimming in finals. All other 200s of stroke for the 11-12 heats shall be swum in the preliminary session, swimming slowest to fastest in event order.

**D. Relays:**

- 11-12 and 13-14 relays will be timed finals, 200s will be swum during the finals on Friday and Saturday and the 400s in the preliminary session on Saturday and Sunday.
- 10 and Under relays will be timed finals, swum during the afternoon sessions.





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**SCRATCHES/ CHECK-  
IN:**

- A. Scratch Rules:** All individual events will conform to USA Swimming National Scratch Procedure Rules (207.12.6 A-E). There is no penalty for failure to compete in a timed final event. A coach or a swimmer may declare a false start.
- B. Scratch Deadline:** A scratch box will be available at registration, the General Meeting, and throughout all meet sessions. All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed final, preliminary and relays.
- Scratch deadline for Friday events shall be 15 minutes after the conclusion of the General Meeting.
  - Scratch deadline for Saturday events shall be 30 minutes after the start of Friday evening finals session.
  - Scratch deadline for Sunday events shall be 30 minutes after the start of Saturday evening finals session.
- C. Positive Check-in:** Entrants in the 800 and 1500 free must check in and confirm their intention to compete prior to the scratch deadline for that day's events in order to be seeded.
- D. Relay cards** designating the swimmers' names shall be submitted to meet management on the day of the relay. Names and order of swimmers may be changed up to the time of the swim. Only coaches may make changes to 11-12 and 10 & Under relays.
- E. Scratching from Finals.**
- USA Swimming National Scratch Procedure Guidelines (207.12.6 D) will be followed.
  - LSCs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 penalty per swim.
  - All scratch penalty funds shall remain with the meet host.
  - Failure on the part of the LSC to pay imposed penalties shall result in barring from future zone championships.

**SCORING:**

- A. Individual Pool events:  
20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
- B. Relay events:  
40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

**RESULTS:**

- Results will be posted and announced.
- Results will be posted in the glass hallway just outside the Aqua Arena, Live results will be available at [www.patriot-Swimming.com](http://www.patriot-Swimming.com), Final results will be available at [www.patriot-Swimming.com](http://www.patriot-Swimming.com) and at [www.CentralZones.org](http://www.CentralZones.org)



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**FINALS, READY AREA  
AND SWIMMER  
INTRODUCTIONS:**

- A. Swimmers in the 11-12 and 13-14 championship finals shall report to the ready room located on pool deck prior to the start of the championship Final of the previous event.
- Finalists will be paraded to the blocks from the ready area. ¶ Championship Finals swimmers' names shall be announced prior to the start of the race while swimmers are behind the blocks.
  - Consolation heat must report behind the starting blocks prior to their heat. ¶ Consolation Finals swimmers' names shall be announced while the swimmers are competing in water.
- B. All 10 & U swimmers shall report directly to their assigned lanes.
- Swimmers' names will be announced prior to the start of the race while swimmers are behind the blocks.

**AWARDS:**

- A. Individual Pool events: 1-8 place: medals with neck ribbon; 9-16 place: ribbons  
B. Relay events: 1-3 place: medals with neck ribbons; 4-8 place: ribbons  
C. High Point Award: 1-3 for boys and girls in each age group for pool events only.  
D. Team Awards: 1-3 combined points.  
E. Awards ceremony:
- 10 and under: Will be awarded at the end of each stroke series.
  - 11 – 14: Will be presented at the end of each stroke series.

**DECK PASSES:**

Deck Passes for LSC coaches and team managers will be issued to therepresentative of each LSC according to the list submitted with the entry form, not to exceed one (1) per ten (10) swimmers, with a minimum of five (5) passes. USA Swimming credentials must be shown at check-in to receive credentials. B. Deck Passes (credentials) must be displayed at all times.

**GENERAL ADMISSION  
TICKETS:**

- A. Cost for General Admission is \$6 Daily (includes all three sessions). All session pass for \$30 (includes all heat sheets). Finals only \$4. Children 12 and under are free.  
B. Cost for parking is \$5 per day. Free parking available within walking distance.

**MEET  
PROGRAM/FINAL  
RESULTS:**

\$10.00 meet program  
\$4.00 daily heat sheets.  
\$1.00 Finals Heat Sheets each Session.  
\$10.00 Final Results, paper copy or disk.

**GENERAL MEETING:**

- A pre-meet General Meeting is scheduled for Thursday, August 2, 2012, at 6:45 p.m., at RecPlex Aqua Arena in the Dolphin & Orca rooms for all coaches and LSC representatives.
- Meet procedures and meet information will be discussed.
  - At least one representative from each LSC must be present for this meeting.





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- Members of the Technical Jury and Eligibility Jury will be identified.
- No deviation from the published Meet Information may occur without unanimous agreement by all designated LSC representatives.
- Warm-up lanes and times will be assigned at this meeting. Procedures will be distributed.

**OFFICIALS:**

This meet will be an Officials Qualifying Meet (OQM) under the National Officials Certification Program.

- See the Central Zone website ([www.centralzones.org](http://www.centralzones.org)) for the Application to Officiate and the Officials Qualifying Application. Please submit the application to Steve Potter, Assistant Central Zone Officials' Chair [spotter.usaswimming@yahoo.com](mailto:spotter.usaswimming@yahoo.com).
- N2, N3 initial and N3 final evaluations if applicable will be available for eligible officials. Please see the USA Swimming website Volunteers/Officials/Certification section to view the latest procedures regarding evaluation and certification.
- Mandatory Officials' Briefing Sessions are one (1) hour prior to the start of each session and will cover stroke rules, assignments of officials, jurisdiction etc. All officials must be present for the briefings.
- Uniform for officials is white collared shirt, blue shorts, pants or skirts (prelims) and blue pants or skirts (finals), with white shoes..
- Meet Referee - George Geanon, 262-691-0232, [gdgeanon@gmail.com](mailto:gdgeanon@gmail.com)

**VOLUNTEERS:**

Timers and officials from visiting LSCs are encouraged and welcome.

- Please indicate the names of interested persons when entries are submitted or identify volunteers at the meet.

**REFRESHMENTS:**

Pleasant Prairie RecPlex will have concessions available during all sessions of the meet.

**THURSDAY  
WARM-UP/  
TEAM PICTURES:**

TEAM	PICTURES	START OF WARM-UP	END OF WARM-UP
WISCONSIN	12:00	12:30	1:25
ILLINOIS	1:00	1:30	2:25
IOWA	2:00	2:30	3:25
MICHIGAN	3:00	3:30	4:25
MINNESOTA	4:00	4:30	5:25
NORTH DAKOTA	5:00	5:30	6:25
SOUTH DAKOTA	6:00	6:30	7:25

The MS Zone Team athletes and coaches will convene near the pool beginning at 1:30 PM on Thursday. Athletes will then be registered and uniforms distributed to those that chose to have them delivered to the meet. Athletes will have the opportunity to change into uniforms at that time so that they are ready for pictures at 3:00PM.



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- TEAM SEATING:** Designated team seating will be available on deck and rotated on a daily basis.
- HOTEL INFORMATION:** Information will be provided to all teams and also on the Kenosha Area CVB website [www.KenoshaCVB.com](http://www.KenoshaCVB.com) or you can contact Brigit Correa or Sam Sullivan at 800-654-7309 ext. 14. Michigan Swimming may have some additional hotel information available on Monday, July 9, 2012.
- MEET WEBSITE:** [www.patriot-swimming.com](http://www.patriot-swimming.com)
- COACH SOCIAL INFORMATION** There will be a social for coaches and officials on Friday evening, August 3<sup>rd</sup>, after the evening finals session. More information will be available at the general meeting.
- ZONE APPAREL** Each Michigan Zone Team athlete may order a team uniform package from Different Strokes. See the order form (Appendix3) included with this document.
- Orders are due at Different Strokes by Wednesday, July 18, 2012. Orders will not be accepted after this date. **Note that this deadline is prior to the 14 & U LC State Championship Meet.**
  - Packages may be ordered by fax (248)477-2421, email to [dsss@different-strokes.com](mailto:dsss@different-strokes.com), by mail (Different Strokes, 19651 Middlebelt Rd, Livonia, MI 48152) or by dropping off the order form to a Different Strokes representative at any of the upcoming USA Swimming meets at which Different Strokes may be vending. Orders may also be dropped off at any of the 3 Different Strokes locations in the Metro Detroit area. **NO PHONE ORDERS.** Orders must be accompanied by a check payable to DIFFERENT STROKES or by credit card information. Packages may be picked up in-store, shipped to your home or picked up at the Zone Meet. Please make every effort to pick up the packages or have them shipped to you.
  - Packages for those folks that order uniform packages and who do not show up at the Zone Meet will be returned to Different Strokes and families will then need to contact Different Strokes to pay shipping costs to have them delivered.
- Apparel vendor sponsored by meet host will be available onsite throughout the meet.
- Aquatics Vendor will be available onsite throughout the meet.
- OTHER INFORMATION:** Please visit [www.kenoshacvb.com](http://www.kenoshacvb.com) for additional information on the Kenosha Area.



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**SCHEDULE OF EVENTS**  
**FRIDAY AUGUST 3, 2012**

<b>GIRLS</b>	<b>EVENTS</b>	<b>Boys</b>
<b>MORNING PRELIMS</b>		
15 .....	11-12 200 Individual Medley .....	16
29 .....	13-14 400 Individual Medley timed finals .....	30
19 .....	11-12 100 Breaststroke .....	20
17 .....	13-14 100 Breaststroke .....	18
23 .....	11-12 50 Backstroke .....	24
21 .....	13-14 200 Freestyle .....	22
27 .....	11-12 100 Freestyle .....	28
25 .....	13-14 100 Butterfly .....	26
31 .....	11-12 200 Butterfly timed finals .....	32
13 .....	13-14 800 Freestyle timed finals .....	14
<b>AFTERNOON TIMED FINALS</b>		
1 .....	10-U 50 Breaststroke .....	2
3 .....	10-U 100 Freestyle .....	4
5 .....	10-U 50 Butterfly .....	6
7 .....	10-U 200 Free Relay .....	8
<b>CONSOLATION &amp; CHAMPIONSHIP FINALS</b>		
9 .....	13-14 200 Free Relay .....	10
11 .....	11-12 200 Free Relay .....	12
13 .....	13-14 800 Freestyle fastest heat .....	14
15 .....	11-12 200 Individual Medley .....	16
17 .....	13-14 100 Breaststroke .....	18
19 .....	11-12 100 Breaststroke .....	20
21 .....	13-14 200 Freestyle .....	22
23 .....	11-12 50 Backstroke .....	24
25 .....	13-14 100 Butterfly .....	26
27 .....	11-12 100 Freestyle .....	28
29 .....	13-14 400 Individual Medley fastest heat .....	30
31 .....	11-12 200 Butterfly fastest heat .....	32



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**Saturday August 4, 2012**

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
<b>MORNING PRELIMS</b>		
41 .....	11-12 400 Medley Relay .....	42
43 .....	13-14 400 Medley Relay .....	44
49 .....	11-12 50 Butterfly.....	50
51 .....	13-14 200 Individual Medley .....	52
53 .....	11-12 50 Freestyle .....	54
55 .....	13-14 50 Freestyle .....	56
57 .....	11-12 200 Breaststroke timed finals.....	58
59 .....	13-14 200 Breaststroke .....	60
61 .....	11-12 100 Backstroke .....	62
63 .....	13-14 100 Backstroke .....	64
65 .....	11-12 400 Freestyle timed finals .....	66
67 .....	13-14 400 Freestyle .....	68
<b>AFTERNOON TIMED FINALS</b>		
33 .....	10-U 200 Individual Medley.....	34
35 .....	10-U 100 Backstroke .....	36
37 .....	10-U 50 Freestyle.....	38
39 .....	10-U 100 Breaststroke.....	40
<b>CONSOLATION &amp; CHAMPIONSHIP FINALS</b>		
45 .....	11-12 200 Medley Relay .....	46
47 .....	13-14 200 Medley Relay .....	48
49 .....	11-12 50 Butterfly.....	50
51 .....	13-14 200 Individual Medley .....	52
53 .....	11-12 50 Freestyle .....	54
55 .....	13-14 50 Freestyle .....	56
57 .....	11-12 200 Breaststroke fastest heat.....	58
59 .....	13-14 200 Breaststroke.....	60
61 .....	11-12 100 Backstroke .....	62
63 .....	13-14 100 Backstroke .....	64
65 .....	11-12 400 Freestyle fastest heat .....	66
67 .....	13-14 400 Freestyle .....	68



**14 & Under Central Zone Age Group Championship**  
Pleasant Prairie RecPlex  
Pleasant Prairie, Wisconsin 53158  
August 3-5, 2012



**Sunday August 5, 2012**

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
<b>MORNING PRELIMS</b>		
77 .....	11 - 12 400 Freestyle Relay_	78
79 .....	13 - 14 400 Freestyle Relay_	80
83 .....	11-12 200 Backstroke timed finals .....	84
85 .....	13-14 200 Backstroke.....	86
87 .....	11-12 50 Breaststroke .....	88
89 .....	13-14 100 Freestyle .....	90
91 .....	11-12 200 Freestyle .....	92
93 .....	13-14 200 Butterfly.....	94
95 .....	11-12 100 Butterfly.....	96
81 .....	13-14 1500 Freestyle timed finals.....	82
<b>AFTERNOON TIMED FINALS</b>		
69 .....	10-U 200 Medley Relay.....	70
71 .....	10-U 200 Freestyle.....	72
73 .....	10-U 50 Backstroke.....	74
75 .....	10-U 100 Butterfly .....	76
<b>CONSOLATION &amp; CHAMPIONSHIP FINALS</b>		
81 .....	13-14 1500 Freestyle fastest heat .....	82
83 .....	11-12 200 Backstroke fastest heat .....	84
85 .....	13-14 200 Backstroke.....	86
87 .....	11-12 50 Breaststroke .....	88
89 .....	13-14 100 Freestyle .....	90
91 .....	11-12 200 Freestyle .....	92
93 .....	13-14 200 Butterfly.....	94
95 .....	11-12 100 Butterfly .....	96



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**CENTRAL ZONE CHAMPIONSHIP MEET**  
**PERMISSION AND RELEASE FORM**

**LSC: Michigan Swimming**

I hereby give my permission for \_\_\_\_\_  
(Please Print Name of Swimmer)

to accompany the Michigan Swimming LSC Team to: Pleasant Prairie, WI on the following dates: August 3 – 5, 2012

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability, therefore, the MICHIGAN SWIMMING LSC its officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention which may be required, I authorize the adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

\_\_\_\_\_  
Date: \_\_\_\_\_  
(Signature of Parent or Guardian)

**MEDICAL INFORMATION:**

List medication and dosage the swimmer is taking now \_\_\_\_\_

Pre-existing conditions (asthma, epilepsy, etc.): \_\_\_\_\_

Allergies (include medicines needed): \_\_\_\_\_

Other pertinent information the coach, and others in charge, should know about the swimmer: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
(Please Print) Phone Number

Name of Parent or Guardian: \_\_\_\_\_  
(Please Print)

Address: \_\_\_\_\_  
Street City State Zip  
Telephone Day: (\_\_\_\_\_) \_\_\_\_\_ Evening: (\_\_\_\_\_) \_\_\_\_\_

Phone during meet competition: (\_\_\_\_\_) \_\_\_\_\_ (cell/pager/etc)





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**CENTRAL ZONE CHAMPIONSHIP MEET**  
**GUIDELINES FOR CODE OF CONDUCT VIOLATIONS**

All athletes, coaches and LSC staff members must have signed a "Code of Conduct." This must be on file with the designated LSC Representative while attending the Central Zone Championship Meet.

The Meet Host shall enclose a copy of the "sample" LSC Code of Conduct with the Meet Information when it is distributed to participating teams for use if there is no LSC Code of Conduct.

Article 401.1 of Part Four (USA Swimming Rules and Regulations) states "...USA Swimming may censure, place on probation, suspend for a definite or indefinite period of time with or without terms of probation, fine, or expel any member of USA Swimming, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of USA Swimming, who has violated any of its rules or regulations, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon USA Swimming or upon the sport of swimming. USA Swimming may also conduct hearings on any matter affecting USA Swimming as the National Governing Body for swimming."

In the instance of any violations, this procedure shall be followed:

1. Report, in writing, the violation or offense to the Meet Referee and the Zone Observer.
2. The offense must be verified and the report must include:
  - A. The name and LSC of the person(s) who committed the offense;
  - B. The name and means of contacting the person(s) who were affected by the violation;
  - C. The nature and details of the violation;
  - D. The name of the LSC Representative of the person(s) who committed the offense.
3. The Zone Championship Meet Coordinator will contact the person(s) charged with the offense and their LSC Representative.
4. If the situation does not have legal implications and can be resolved to the satisfaction of all persons involved, the matter will simply be reported, in writing, to:
  - A. The Representative of the host LSC;
  - B. The person(s) who committed the offense;
  - C. The LSC General Chairman of the person(s) who committed the offense;
  - D. The LSC Representative of the person(s) who committed the offense;
  - E. The person(s) whom the violation affected;
  - F. The Zone Directors and Coordinators.
5. If the situation has legal implications and/or cannot be resolved to the satisfaction of all persons involved, the matter shall be officially reported to the LSC of the person(s) charged with the offense, with a request or recommendation from the Zone Directors and Coordinators for suitable disciplinary action.
6. Within 30 days of the official report, the LSC must advise the Zone Directors, in writing, that the review process has been initiated. The LSC must also advise the Zone Directors of the final action taken. If the consensus of the Zone Directors and Coordinators is that the LSC of the person(s) charged did not take appropriate action, the matter may be referred to the National Board of Review for hearing and decision.



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**LSC: Michigan Swimming**

**PURPOSE:** The purpose of this Code is to promote the best possible LSC Team and individual impression at all times and to acknowledge each individual's responsibilities as members of our team.

**PART I – GENERAL CONDUCT:**

1. All participating LSC Team members shall abide by this Code of Conduct.
2. Curfews will be strictly obeyed unless participant has contacted the coach for an extension.
3. The use of alcoholic beverages is forbidden.
4. The use of drugs, other than those prescribed by your physician, is forbidden.
5. The use of tobacco products is forbidden.
6. The use of fireworks is forbidden.
7. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
8. Swimmers will treat their membership on the Team as a privilege and personally acknowledge those responsibilities associated with it.
9. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.

**PART II – VIOLATION OF THE CODE:** The coach and chaperone have the power to impose penalties for violation of the Code. The penalties include, but are limited to the following:

1. The Swimmer will be scratched from the Championship Meet.
2. The Swimmer will be sent home immediately, at his/her own expense.
3. The Swimmer will forfeit his/her privilege of being a member of LSC Team.

I hereby agree to abide by the rules of conduct set forth in Part I above and acknowledge that, should I violate any provision of Part I, I will be subject to disciplinary actions as set forth in Part II, including suspension.

Swimmer: \_\_\_\_\_ Date: \_\_\_\_\_

Signature

\_\_\_\_\_  
Please Print Name

Parent/Guardian \_\_\_\_\_ Date: \_\_\_\_\_

Signature

\_\_\_\_\_  
Please Print Name