

Thank you for your patience regarding information about the 2023 Metro Zone Team. Please read this email fully and forward it to appropriate staff. We are returning this year to team travel, as has been done in the past. This means that all families are responsible for bringing their swimmers to drop off locations and picking them up from the same. The Eastern Zone has resumed their Qualifying Times which are linked for your convenience.

### **Meet Dates & Location**

Swim RVA-CSAC

5050 Ridgedale Parkway

Richmond, VA 23234

Competition August 2<sup>nd</sup> through August 5<sup>th</sup> (swimmers MUST be available for the entirety of the meet)

### **Eligibility & Registration**

Eligibility is as it was in previous years. If a swimmer achieves one qualifying time they are eligible to swim at the meet. The maximum number of individual events that a swimmer can swim (provided they qualify for all of them) is 8. They **MAY NOT** swim more than 3 individual events per day. Additional important qualifying information is listed below (as per Eastern Zone regulations):

#### Eligibility of athletes with qualifying times for higher level meets:

- Athletes who have competed in an Individual Event at the USA Swimming National Championships, the USA Swimming Spring Championships, US Open, the USA Swimming Junior Championships or a USA Swimming Trials Class meet are not eligible to enter and compete at an Eastern Zone Age Group Championship meet.
- Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the above meets prior to the entry deadline for the Eastern Zone meet, may not enter and compete in an Eastern Zone Age Group Championship meet.
- Athletes 12 years of age or younger who have achieved a qualifying time in an individual event for any of the above meets but have not competed in that event at the stated meet, may enter and compete in that event in an Eastern Zone Age Group Championship meet.

**\*\*Only Qualified Athletes can register for this meet. If you do not have a qualifying time you cannot register until you have achieved one.\*\***

All qualified athletes must register on the [Metro Swimming Zone Team Site](#).

**Registration is open until July 13<sup>th</sup>. Any athlete who achieves their initial qualifying time at Metro Age Group Championships (formerly JO's) can register on site with the Age Group Chairs (Ethan Fergus or Keith Green).**

Swimmers who register before the deadline but make additional events, will be able to add events utilizing a form available on the Metro Zone Team Site.

### **Athlete Apparel & Support**

Apparel registration will be sent via email after registration with a link to select mandatory as well as additional optional apparel. Upon registration, you will sign up swimmers for their qualified events. **It is the parent's/team coach's responsibility to enter the athletes in all desired and qualified individual events.**

### **Travel**

All swimmers ages 11-14 will travel as a team to the meet. There will be two Locations for Drop-off and Pickup.

1. Stew Leonards (1 Stew Leonard Dr. #1 Yonkers, NY10701)
2. Westbury, NY (location TBD)

### **Time Commitment**

By registering to attend the Eastern Zone Age Group Championship Meet you are committing to be at the meet in its entirety. Swimmers will need to be present at all of their age groups preliminary sessions and all applicable finals from Wednesday August 2<sup>nd</sup> through Saturday August 5<sup>th</sup>. There is a possibility of a team warm up on Tuesday August 2<sup>nd</sup>.

### **Coaches/Chaperones**

Coach/Chaperone applications are available on the Metro Zone team website <https://www.teamunify.com/team/mszt/page/coaches>. We are seeking coaches for each age group and gender, with a total of 6 coaches and 6 Chaperones selected. Coaches and Chaperones will be provided with full ground transportation, as well as rooms and meals paid. All of the previous items as well as Zone Coaches' and Chaperone uniforms will be provided by Metro Swimming. By agreeing to be a Metro Zone Coach or Chaperone, you are committing your availability to attend the event from Tuesday August 1<sup>st</sup> through Saturday August 5<sup>th</sup> (with a possible return travel date of Sunday August 6<sup>th</sup>).

### **Cost**

10 and Unders \$275  
11-14 \$850

**Payment can be made in full, or can be broken into 2 separate payments**

If you have any other questions regarding the Metro Zone team please reach out to Ethan Fergus/Keith Green, Metro Age Group Chairs.

[Metro Zone Team Site](#)  
[Meet Announcement](#)

Best,  
Ethan & Keith

Ethan Fergus/Keith Green  
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