



NEW MEXICO SWIMMING

2021 New Mexico Swimming Western Age Group Zone Team Information Packet Lewisville, Texas-LISD Westside Aquatic Center

August 4-7, 2021

Purpose of the New Mexico Age Group Zone Team

1. To provide a team travel experience for age-group swimmers to participate in a meet at a higher level of competition in preparation for competition with their club teams at National level meets.
2. This experience prepares young athletes for upper level competition by giving them opportunity to:
 - a. Live away from home
 - b. Meet and compete with unknown and faster athletes
 - c. Work with unfamiliar coaches
 - d. Compete in unfamiliar facilities
3. To develop future leaders of New Mexico Swimming and role models for their home clubs.
4. To motivate athletes and increase confidence through experiencing a higher level of competition.

Zone meet information will be available at: www.nmswim.org under the ZONES tab

Questions can be directed to Aimee Dunavant, NMS Age Group Chair, dunavant@aa.edu

Swimmer Zones Packets DUE JUNE 30, 2021 and include:

**Intent to Participate and Vital Information
Event List and Best Times
Authorization for Treatment of a Minor
Signed New Mexico Swimming Swimmer Code of Conduct**

ZONE FAQ'S

What is the cost and what does it include?

This year's Zone Team will travel with their families; families will cover their swimmers' accommodations, travel and meals. New Mexico Swimming will cover the swimmers' meet entry fees, team uniform and zone party (if held). All paperwork (Intent Form, Authorization for Treatment, Swimmer Code of Conduct) must be emailed by **June 30, 2021**.

Travel

This year Age Group Zones will be a **FAMILY TRAVEL MEET**. All swimmers will need to travel with their families to the swim meet. Due to COVID-19 the NMS Board has elected for this year's New Mexico Zones Team to travel on their own.

ALL SWIMMERS ARE EXPECTED TO HAVE ARRIVED IN LEWISVILLE, TEXAS at the start of the first day of competition, Wednesday August 4, 2021.

Events

ALL swimmers are expected to swim the events they are entered in, INCLUDING RELAYS. Parents are expected to bring their swimmer to the pool for relay participation, REGARDLESS of individual events on that day. Relays will be held in the Prelim sessions.

Can I watch my swimmer in person?

Currently, no spectators will be allowed during the prelim sessions to allow swimmers the ability to distance. LIMITED spectators will be allowed in the Finals sessions each evening.

Who can apply?

Any NMS registered swimmer ages 14 and younger who has "A" times may apply for the Zone Team.

Zone Qualifiers will automatically have a place on the team. In the event that NMS does not have enough qualifiers in an age group for relays, the coaching staff MAY pick one or more individuals to fill those positions based on the fastest times of applicants by the end of the State Meet. The only way to "guarantee" an athlete a place on the team is by qualifying. Please see the Western Zone Age Group Time Standards.

When is the qualification deadline?

The last day to qualify is Sunday, July 25, 2021. Qualification times must have been swum between August 7, 2019 and Sunday, July 25, 2021. times must be from a USA Swimming sanctioned meet or the New Mexico High School State.

When is the meet?

The meet will be held Wednesday August 4 – Saturday August 7, 2021.

Where is the meet held?

The 2021 Western Zone Age Group Championships
LISD Westside Aquatic Center, 1750 Duncan Ln, Lewisville, TX 75067

When is the application deadline?

The application deadline is Wednesday, June 30, 2021. Email or Postmark applications by this date. **Even if the swimmer is not qualified at this time, please submit the paperwork if you are planning to attend should they qualify.** Changes to Event List may be made through the end of the Long Course State Meet.

Where do I send the intent form and other zone information?

Send the Intent Form, List of Events, Authorization for Treatment of a Minor, and the Swimmer Code of Conduct, to **Aimee Dunavant at dunavant@aa.edu**. Please reference your submission: Zone Application.

Are the athletes required to travel with the zone team?

FOR 2021 New Mexico Swimming has elected for ALL swimmers to travel with their families.

Do the athletes have to stay with the zone team?

Please find a list of recommended hotels for families at nmswim.org under the ZONES tab.

How are each swimmer's events chosen?

(Restrictions may change based on Western Zone Regulation Revisions)

New Mexico Swimming may enter 400 individual events of which no more than 160 entries may be slower than the zone qualifying standards. Swimmers will be entered in the events they are qualified in first, and then non-qualifying swims will be entered, staying within the entry limit. Swimmers are entered into their non-qualifying events by their preference on the form in this packet. Swimmers usually compete in 6 individual events, but may only swim in 3 to 5 events. There is no guarantee every swimmer will swim a race they have not qualified for due to the entry guidelines. This will depend on the number of swimmers New Mexico has attending. Typically, New Mexico team members are able to swim 4 to 6 individual events plus relays.

What swimsuit does my swimmer have to wear?

Swimmers may wear any suit they would like provided that it meets USA Swimming guidelines and as long as it doesn't identify a specific team other than Team New Mexico. USA Swimming has enacted a Tech Suit rule for 12&Unders. Please visit the Zone tab at nmswim.org for 12 & Under Tech Suit Rules.

Warm-ups, T-shirts, and other team gear.

Swimmers at Western Zones are part of Team New Mexico, **no club team gear** should be brought to the meet. Team New Mexico gear will be distributed to the swimmers prior to the trip where practical. Team New Mexico items will be required to be worn for the duration of the trip.

Some of the NM Team Gear may need to be fitted to each swimmer, it is the parents' responsibility to make time to meet with our Team Gear Coordinator, at the designated times and locations (TBA). Your swimmer will receive their gear, in the size you order, so being properly fitted is highly recommended. We will not be able to order new gear at the last minute if what you order does not fit. In some cases, some of the gear may not be available in time for the trip if ordered after the State Meet.

Team NM Swimmers will receive the following items: Team NM Back Pack; 4 Team NM T-Shirts; Team NM Swim Caps, and other gear designated appropriate for our trip to California.

Does my swimmer need spending money during the trip?

Snacks will be provided for the athletes at the pool. Swimmers who wish to purchase souvenirs or other items will need to bring their own money.

Intent to Participate and Vital Information

Swimmer's Name _____ Home Club _____

Address _____

2021 USA # _____ Age as of August 4, 2021 _____

Phone # Home _____ Work/Cell _____

Parent E-mail (REQUIRED) _____

Name of Parent(s) _____

T-shirt size (4 provided): Adult sizes XL L M S (Circle One)

T-shirts are traded on the last day of the meet. You can purchase t-shirts for trading or trade the ones provided. You will be given an opportunity to order additional t-shirts at the Long Course State Meet.

Event List and Best Times

Complete this information even if you have not achieved a Zone cut. Fill this section out completely and accurately. Please ask your club coach for assistance. List your first 6 choices in order of preference (no more than 2 races per day). Write down your best times for another 3 events in your age group at the Zone meet. Entry constraints may require NMS to enter a swimmer in an "off" event. When selecting events, priority will be given to events which make the Zone cut. Mark your selections with one of the following: Z for a zone time N for a non-qualifying time. Make altitude adjustments, if necessary, for any time 200 yards/meters or over. Swims done in yards must achieve the SCY standard, short course meters the SCM standard and long course meters, must achieve the LCM standard. Qualification times must have been swum since August 8, 2018. You may update this list at the State Meet.

	Event	Times *Indicate SCY, SCM, LCM	Altitude adjusted time (if applicable)	Meet time was achieved	Date of achieved time	Zone Qualifying Time?
1						
2						
3						
4						
5						
6						
7						
8						
9						

Is there anything else we should know about you besides what is listed on your forms?

AUTHORIZATION FOR TREATMENT OF A MINOR (August 4-7, 2021)

I, _____,

being the parent or legal guardian of _____,
hereby give my consent for emergency medical and/or surgical treatment of this minor in a licensed medical facility by a licensed physician should his/her condition so require it in my absence. I understand and that in such a case reasonable attempts would first be made to contact me, time and conditions permitting. As long as the medical/surgical treatment considered necessary in the situation is in accordance with generally accepted standards of medical practice, I impose no specific limitations or prohibitions regarding treatment other than those that follow. (If none, then state so)

My swimmer is taking the following prescribed medication on this schedule: (If none, then state so.)

Signature of Parent or Legal Guardian

EMERGENCY INFORMATION

Mother's Name _____

Daytime Phone _____ Evening Phone _____

Father's Name _____

Daytime Phone _____ Evening Phone _____

INSURANCE (You may attach a copy of your insurance card)

Type of Insurance _____

Policy Holder's Name _____

Policy # _____ Social Security # _____

Family Doctor _____ Phone # _____

NEW MEXICO SWIMMING SWIMMER CODE OF CONDUCT

As a member of the New Mexico Swimming Western Zone Team, I understand and will comply with the following:

1. I understand possession or use of alcohol, tobacco products, or controlled substances are prohibited.
2. I understand curfews will be established and must be adhered to.
3. I will only be allowed to leave my assigned room with my chaperone or teammate(s), or an adult who has received prior approval from the Head Coach or Team Manager in charge of the team.
4. I understand my parents or members of the opposite sex will not be allowed to enter my room at any time.
5. I understand attendance is required at all team functions, including but not limited to, meetings, practices, exhibitions, press conferences, and competitions unless otherwise excused or instructed by the Head Coach or Team Manager in charge of the team.
6. I understand uniform requirements established for the trip must be followed.
7. I will show proper respect, sportsmanship, and courtesy toward coaches, officials, administrators, competitors, chaperones, and the public.
8. I will behave in a manner that presents a positive image of New Mexico Swimming and will strive to promote an atmosphere conducive to meeting the competitive performance objectives.
9. I understand additional guidelines may be established as needed to ensure the safety and well-being of the team members, and subsequently must be adhered to.
10. Failure to comply with the New Mexico Swimming Swimmer Code of Conduct as set forth in this document may result in disciplinary action, which may include but is not limited to the following:
 - a. Disqualification from one or more events of the competition.
 - b. Dismissal from the team with a timely scheduled return home, at my own expense.
 - c. Disqualification from future New Mexico Swimming sponsored activities at the recommendation of the Head Coach.

I agree to follow the rules and expectations set forth for this trip. I understand and so do my parents that if I break the rules I can be sent home immediately at my own expense.

Swimmer's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Competition/location/dates: _____

If disciplinary action must be taken, and the swimmer's parent(s) cannot be reached, the following person will be contacted. If parent(s) are out of town the following person will be responsible for the swimmer if he/she must be sent home.

Contact Person: _____

Phone # Day _____ Evening _____

Zone Staff Coach Name/Signature: _____ Date: _____

Zone Chaperone Name/Signature: _____ Date: _____

2021

Age Group Western Zone Time Standards



Qualifying Time Period:

August 7, 2019* - Close of Entries 2021

*represents an additional 12 months due to 2020 meet cancellation



Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:32.79	0:31.99	0:28.89	50 Free	0:32.79	0:31.99	0:28.89
1:11.99	1:10.39	1:03.39	100 Free	1:11.79	1:10.19	1:03.19
2:36.99	2:33.79	2:18.59	200 Free	2:36.39	2:33.19	2:17.99
0:38.79	0:38.19	0:34.39	50 Back	0:38.99	0:38.39	0:34.59
1:23.59	1:22.39	1:14.19	100 Back	1:24.09	1:22.89	1:14.69
0:43.79	0:42.79	0:38.59	50 Breast	0:44.19	0:43.19	0:38.99
1:35.09	1:33.09	1:23.89	100 Breast	1:36.29	1:34.29	1:24.89
0:35.99	0:35.19	0:31.79	50 Fly	0:36.19	0:35.49	0:31.99
1:22.59	1:21.19	1:13.19	100 Fly	1:22.69	1:21.29	1:13.19
2:56.79	2:53.59	2:36.39	200 IM	2:57.69	2:54.49	2:37.19

11-12

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.59	50 Free	0:29.19	0:28.39	0:25.59
1:04.39	1:02.79	0:56.59	100 Free	1:03.79	1:02.19	0:55.99
2:19.79	2:16.59	2:03.09	200 Free	2:18.89	2:15.69	2:02.19
4:54.69	4:48.29	5:30.19	400/500 Free	4:54.39	4:47.99	5:29.89
0:34.19	0:33.59	0:30.29	50 Back	0:34.19	0:33.59	0:30.29
1:13.39	1:12.19	1:05.09	100 Back	1:13.29	1:12.09	1:04.99
2:42.09	2:39.69	2:23.89	200 Back	2:39.39	2:36.99	2:21.49
0:38.19	0:37.19	0:33.49	50 Breast	0:37.79	0:36.79	0:33.09
1:23.29	1:21.29	1:13.19	100 Breast	1:23.29	1:21.29	1:13.19
3:02.39	2:58.39	2:40.69	200 Breast	3:01.09	2:57.09	2:39.59
0:31.99	0:31.29	0:28.19	50 Fly	0:31.89	0:31.19	0:28.09
1:11.19	1:09.79	1:02.89	100 Fly	1:11.49	1:10.09	1:03.09
2:45.89	2:43.09	2:26.89	200 Fly	2:44.89	2:42.09	2:25.99
2:37.69	2:34.49	2:19.19	200 IM	2:36.69	2:33.49	2:18.29
5:44.39	5:37.99	5:04.49	400 IM	5:39.69	5:33.29	5:00.29

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.59	0:27.79	0:25.09	50 Free	0:26.69	0:25.89	0:23.39
1:01.89	1:00.29	0:54.39	100 Free	0:57.99	0:56.39	0:50.79
2:14.29	2:11.09	1:58.09	200 Free	2:06.19	2:02.99	1:50.79
4:40.99	4:34.59	5:14.79	400/500 Free	4:29.69	4:23.29	5:02.09
9:51.29	9:38.49	11:02.49	800/1000 Free	9:28.29	9:15.49	10:36.79
18:51.09	18:27.09	18:28.99	1500/1650 Free	18:07.89	17:43.89	17:46.49
1:10.29	1:09.09	1:02.29	100 Back	1:06.49	1:05.29	0:58.89
2:30.89	2:28.49	2:13.79	200 Back	2:23.59	2:21.19	2:07.19
1:20.09	1:18.09	1:10.39	100 Breast	1:14.69	1:12.69	1:05.49
2:52.69	2:48.69	2:31.99	200 Breast	2:42.59	2:38.59	2:22.89
1:08.19	1:06.79	1:00.19	100 Fly	1:03.59	1:02.19	0:56.09
2:32.79	2:29.99	2:15.09	200 Fly	2:24.09	2:21.29	2:07.29
2:32.09	2:28.89	2:14.19	200 IM	2:22.79	2:19.59	2:05.79
5:22.99	5:16.59	4:45.19	400 IM	5:04.99	4:58.59	4:28.99