



**NEW MEXICO SWIMMING**

# **2022 New Mexico Swimming Western Age Group Zone Team Information Packet Elk Grove, CA**

**August 3-6, 2022**

## **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](http://www.nmswim.org)**

Questions can be directed to Lee Taylor, NMS Age Group Chair, at [leeromerotaylor@gmail.com](mailto:leeromerotaylor@gmail.com)

## **Swimmer Zones Packets DUE JUNE 28, 2022 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  
Deposit Check for \$500 Payable to: New Mexico Swimming**

## **ZONE FAQ'S**

### **What is the cost and what does it include?**

The estimated cost, per swimmer, this year is \$1000 plus travel to the event. This includes: ground transportation throughout the meet, food, lodging, meet entry fees, team uniform and zone party. All paperwork (Intent Form, Authorization for Treatment, Swimmer Code of Conduct) must be postmarked or emailed by June 28, 2022. **A deposit of \$500 will be required by June 28, 2022.** The balance to be determined based on **fundraising efforts** will be due by the end of the Long Course 14 & Under State meet, Sunday, July 24, 2022. This deposit will be returned for swimmers who do not qualify or are not selected for the zone team.

Because New Mexico Swimming has budgeted \$25,000 for this year's Zone Team, each swimmer is likely to have \$500 of the total cost of the trip taken care of (based on a team of 40 swimmers). In order to continue making this trip an opportunity for every qualified swimmer, fundraising efforts are necessary. Please do your part to help reduce the cost for the entire team. Fundraising information will be available on the New Mexico Swimming website under the Age Group Zones Tab.

### **Travel**

This year the team including swimmers, coaches and NMS chaperones will be traveling to the meet via Airplane. Flight Arrangements will be coordinated by New Mexico Swimming. At the meet the team will utilize SUVs/Vans to shuttle team members to and from hotels and meet venue.

**The team will be departing on Tuesday August 2 and returning Sunday August 7, 2022.**

### **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 24, 2022. Qualification times must have been swum in the past year since August 8, 2021. The times must be from a USA Swimming sanctioned meet or the New Mexico High School State or District meets.

**When is the meet?** The meet will be held Wednesday, August 3rd thru Saturday, August 6th, 2022.

### **Where is the meet held?**

Elk Grove Aquatics Center: 9701 Big Horn Blvd, Elk Grove, CA 95757

### **When is the application deadline?**

The application deadline is Tuesday, June 28, 2022. 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 **Lee Taylor at leeromerotaylor@gmail.com**. Please reference your submission: Zone Application. Applications and deposit may be mailed to: **Lee Taylor - 1015 San Lorenzo Drive, Santa Fe NM 87505**

### **Are the athletes required to travel with the zone team?**

Athletes are required to travel to and from the meet and during the meet with the Zone Team. Special consideration can be available for 10-Un swimmers and unique circumstances.

### **Do the athletes have to stay with the zone team?**

All athletes, ages 11 – 14, will be expected to stay with the team during the trip. Swimmers who are 10 or younger may stay with parents, but will be required to participate in all Team New Mexico activities, meals, and meet sessions, including the Zone Party on Saturday evening after Finals. Representing New Mexico Swimming is a great privilege and exciting experience and along with this comes the responsibility to be an active part of Team New Mexico.

### **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.

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

Swimmers at Western Zones are part of Team New Mexico, so **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.

### **Where will Team New Mexico be staying for Zones?**

We will provide Hotel Information as soon as we have rooms secured and send the information out in a timely manner to all applicants. This information will also be available on the NMS website.

**ALL 11-14 NM ZONE TEAM MEMBERS MUST STAY WITH THE TEAM. NEW MEXICO SWIMMING HAS BLOCKED ROOMS FOR ALL TEAM NEW MEXICO SWIMMERS. 10 & UNDER SWIMMERS WHO NEED TO STAY WITH THEIR PARENTS MAY DO SO PROVIDED THAT THEY MEET THE TEAM FOR ALL MEALS AND TRANSPORTATION TO AND FROM THE POOL FOR EVERY SESSION. THERE IS NO REDUCTION IN THE AMOUNT YOU PAY FOR YOUR SWIMMER'S TRIP IF THEY STAY IN YOUR ROOM.**

### **Does my swimmer need spending money during the trip?**

Snacks will be provided for the athletes at the pool and hotel along with breakfast, lunch and dinner. 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 \_\_\_\_\_

2022 USA # \_\_\_\_\_ Age as of August 3, 2022 \_\_\_\_\_

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, 2021. You may update this list at the State Meet.

(Z) (N)	Time	Event	Times Mark the time as SCY, SCM, LCM	Altitude adjusted time (if applicable)	Where time was achieved	Date of achieved time
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- 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 2-7, 2022)**

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: \_\_\_\_\_

# 2022

## Age Group Western Zone Time Standards

\*NO changes from 2021\*



Qualifying Time Period:

August 8, 2021 - Close of Entries 2022

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:32.79	0:31.99	0:28.89	<b>50 Free</b>	0:32.79	0:31.99	0:28.89
1:11.99	1:10.39	1:03.39	<b>100 Free</b>	1:11.79	1:10.19	1:03.19
2:36.99	2:33.79	2:18.59	<b>200 Free</b>	2:36.39	2:33.19	2:17.99
0:38.79	0:38.19	0:34.39	<b>50 Back</b>	0:38.99	0:38.39	0:34.59
1:23.59	1:22.39	1:14.19	<b>100 Back</b>	1:24.09	1:22.89	1:14.69
0:43.79	0:42.79	0:38.59	<b>50 Breast</b>	0:44.19	0:43.19	0:38.99
1:35.09	1:33.09	1:23.89	<b>100 Breast</b>	1:36.29	1:34.29	1:24.89
0:35.99	0:35.19	0:31.79	<b>50 Fly</b>	0:36.19	0:35.49	0:31.99
1:22.59	1:21.19	1:13.19	<b>100 Fly</b>	1:22.69	1:21.29	1:13.19
2:56.79	2:53.59	2:36.39	<b>200 IM</b>	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	<b>50 Free</b>	0:29.19	0:28.39	0:25.59
1:04.39	1:02.79	0:56.59	<b>100 Free</b>	1:03.79	1:02.19	0:55.99
2:19.79	2:16.59	2:03.09	<b>200 Free</b>	2:18.89	2:15.69	2:02.19
4:54.69	4:48.29	5:30.19	<b>400/500 Free</b>	4:54.39	4:47.99	5:29.89
0:34.19	0:33.59	0:30.29	<b>50 Back</b>	0:34.19	0:33.59	0:30.29
1:13.39	1:12.19	1:05.09	<b>100 Back</b>	1:13.29	1:12.09	1:04.99
2:42.09	2:39.69	2:23.89	<b>200 Back</b>	2:39.39	2:36.99	2:21.49
0:38.19	0:37.19	0:33.49	<b>50 Breast</b>	0:37.79	0:36.79	0:33.09
1:23.29	1:21.29	1:13.19	<b>100 Breast</b>	1:23.29	1:21.29	1:13.19
3:02.39	2:58.39	2:40.69	<b>200 Breast</b>	3:01.09	2:57.09	2:39.59
0:31.99	0:31.29	0:28.19	<b>50 Fly</b>	0:31.89	0:31.19	0:28.09
1:11.19	1:09.79	1:02.89	<b>100 Fly</b>	1:11.49	1:10.09	1:03.09
2:45.89	2:43.09	2:26.89	<b>200 Fly</b>	2:44.89	2:42.09	2:25.99
2:37.69	2:34.49	2:19.19	<b>200 IM</b>	2:36.69	2:33.49	2:18.29
5:44.39	5:37.99	5:04.49	<b>400 IM</b>	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	<b>50 Free</b>	0:26.69	0:25.89	0:23.39
1:01.89	1:00.29	0:54.39	<b>100 Free</b>	0:57.99	0:56.39	0:50.79
2:14.29	2:11.09	1:58.09	<b>200 Free</b>	2:06.19	2:02.99	1:50.79
4:40.99	4:34.59	5:14.79	<b>400/500 Free</b>	4:29.69	4:23.29	5:02.09
9:51.29	9:38.49	11:02.49	<b>800/1000 Free</b>	9:28.29	9:15.49	10:36.79
18:51.09	18:27.09	18:28.99	<b>1500/1650 Free</b>	18:07.89	17:43.89	17:46.49
1:10.29	1:09.09	1:02.29	<b>100 Back</b>	1:06.49	1:05.29	0:58.89
2:30.89	2:28.49	2:13.79	<b>200 Back</b>	2:23.59	2:21.19	2:07.19
1:20.09	1:18.09	1:10.39	<b>100 Breast</b>	1:14.69	1:12.69	1:05.49
2:52.69	2:48.69	2:31.99	<b>200 Breast</b>	2:42.59	2:38.59	2:22.89
1:08.19	1:06.79	1:00.19	<b>100 Fly</b>	1:03.59	1:02.19	0:56.09
2:32.79	2:29.99	2:15.09	<b>200 Fly</b>	2:24.09	2:21.29	2:07.29
2:32.09	2:28.89	2:14.19	<b>200 IM</b>	2:22.79	2:19.59	2:05.79
5:22.99	5:16.59	4:45.19	<b>400 IM</b>	5:04.99	4:58.59	4:28.99