

# Meet Types

## **Age Group Open**

These meets do not have qualification time standards. Typically, these meets offer each one of the competitive strokes in the two distances offered by each group. Some events may be open to multiple age groups. Each swimmer is allowed to enter 3-5 events per day.

## **Intra-Squad Meets**

Competition is only between VAST swimmers. These are good practice meets for beginning swimmers and are held to build team spirit and camaraderie, and to introduce beginning swimmers to competition.

## **Invitational**

An invitational is a meet hosted by one team, which may invite many other teams to compete. Several hundred swimmers may attend these meets. Frequently, only swimmers with certain qualifying times may attend.

## **Age Group and Senior State Championships**

All swimmers who have reached qualifying time based on the New Mexico Swimming state time standards may compete in the New Mexico State Championships, held at the end of the short and long course seasons. Athletes who meet certain time standards may qualify for additional championship meets such as Far Westerns, Sectional, Zone, and National championships. Each successive level of championship meet brings the swimmer against larger and larger pools of competitors, so that the qualifying times are progressively faster to gain entry into these meets.

## **Far Western Championships**

This meet serves as a top level competition for age group swimmers from around the western United States, Canada and Mexico. The meet is held in the Pacific (PC) LSC and serves as a high priority meet for our top age group swimmers.

## **Sectionals**

VAST participates in both the "4 corners" and "Silver" sectional championships which includes all teams from Washington, Oregon, Arizona and Idaho to name a few. Sectional Championship meets are held at the end of both Short Course and Long Course seasons for swimmers with qualifying times.

### **Western Zones (Senior & Age Group)**

USA Swimming also divides the United States into Zones (groupings of Sections) for the purpose of conducting a Zone Championship meet. This meet occurs only at the end of Long Course season. New Mexico Swimming selects a team to represent the LSC at the meet (mainly for Age Group). To be eligible, swimmers must first obtain a qualifying time. Then swimmers submit an application including qualifying times and coach recommendation. A committee of coaches then selects the team that will represent New Mexico Swimming at the Western Zone Championships.

### **USA Swimming Junior National Championships**

Junior Nationals are exclusively for swimmers age 18 and under and the meet is held each December (short course) and August (long course). This meet serves as a stepping stone to the top national and international level meets for 18 and under athletes.

### **USA Swimming National Championships/ Olympic Trials/ US Open**

These top national level competitions are held at different times throughout the year and serve as qualifying meets for international level competitions.

### **Zone Select & National Select Camps**

Camps conducted by USA Swimming. These camps are to identify young rising talent. Camps are to expose swimmers to being apart of the USA National Team. Camps are conducted in Arizona or Colorado in May or October.

### **National Junior Team**

The National Junior Team is comprised of the top 18 and under swimmers in the country and serves as the first step in the National Team hierarchy. Team members typically attend a National Team camp and an International Competition. Making this team is a goal for many of our top athletes.

### **USA National Team**

The USA National team is comprised of the top 2 swimmers in each event in the country. This team is sent to competitions such as the Olympic Games and the World Championships.