

2022 WESTERN ZONE CHAMPIONSHIPS INFORMATION SHEET

HEAD COACH: TBA

FOR INFORMATION CALL: SEAN P. REDMOND 760-716-7679 cell or 760-728-9244

Or Email: seanmary@aol.com

MEET DATES: AUGUST 3-6, 2022

MEET SITE: Elk Grove Aquatic Center, 9701 Big Horn Blvd, Elk Grove CA. 95757

COST: A stipend will be given after returning from the meet of up to \$500

DEPARTURE: Swimmers will travel with their families to and from the meet.

RETURN:

TEAM SELECTION:

- In order apply the swimmer must have at least two (2) qualifying times; short course or long course. The qualifying times must be for different events. Times must have been achieved since August 8, 2021 through the application deadline.
- Those swimmers who have five (5) or more, qualifying times; different events; will automatically make the team.
- The coaching staff will select the best team from the qualified applicants. The team will be limited to a maximum of 48 swimmers.
- Swimmers selection will be based on the swimmers times and compared to the placing of the top eight times of last years zone meet.
- There may be a max of four (4) swimmers with disabilities selected to the team, two (2) 12-under and two (2) 13-14.
- All swimmers will be responsible for making all their travel, food and lodging arrangements. They may be able to stay at the same hotel, based on availability and might be able to have dinners with the team at an additional cost. There will be a stipend of approximately; up to; \$500 for each swimmer; from the LSC after the completion of the meet.
- Zone Team Swimmers will not be allowed to compete in any meets between July 18 and August 7. There will be a **MANDATORY** team meeting Saturday, July 30, site TBA.
- Applications will be due by **July 18. They may be mailed to San Diego Imperial Swimming, P.O. Box 1347, Fallbrook CA. 92028.**
- Any swimmer who has within the 18 months prior to the start of the meet participated in one (1) individual event at a USA Swimming Championship as defined by Article 207 of the USA Swimming Rules and Regulations, excluding Disability Championships and open Water Championships, may not compete in that event or the related relay leg.
- **USA Swimming Prohibit Tech Suit Use by 12U Athletes including the 2022 WZAG Championships.**



2022

Age Group Western Zone Time Standards

NO changes from 2021

Qualifying Time Period: August 8, 2021 - Close of Entries



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

Order of Events

G/B	Age Group	Events Name	G/B	Age Group	Events Name
Wednesday August 3					
1-2*	11-12	400 IM	15-16	10/under	100 back
3-4	10/under	50 breast	17-18	11-12	100 back
5-6	11-12	50 breast	19-20	13-14	200 back
7-8	13-14	100 breast	21-22**	13-14	800 free
9-10	10/under	200 free	23-24	12/under	400 free relay
11-12	11-12	100 Free	25-26	14/under	400 free relay
13-14	13-14	100 free			

G/B	Age Group	Events Name	G/B	Age Group	Events Name
Thursday August 4					

27-28	10/under	100 free	39-40	10/under	200 IM
29-30	11-12	200 free	41-42	11-12	200 IM
31-32	13-14	200 free	43-44	13-14	400 IM
33-34	10/under	50 fly	45-46*	11-12	200 back
35-36	11-12	50 fly	47-48	10/under	200 free relay
37-38	13-14	100 fly	49-50	12/under	200 free relay
			51-52	14/under	200 free relay

G/B Age Group Events Name G/B Age Group Events Name
Friday August 5

53-54*	11-12	200 fly	65-66	13-14	100 back
55-56	10/under	100 breast	67-68*	11-12	400 free
57-58	11-12	100 breast	69-70	13-14	400 free
59-60	13-14	200 breast	71-72	12/under	400 med relay
61-62	10/under	50 back	73-74	14/under	400 med relay
63-64	11-12	50 back			

G/B Age Group Events Name G/B Age Group Events Name
Saturday August 6

75-76	13-14	200 IM	87-88	13-14	200 fly
77-78	10/under	50 free	89-90*	11-12	200 breast
79-80	11-12	50 free	91-92**	13-14	1500 free
81-82	13-14	50 free	93-94	10/under	200 med relay
83-84	10/under	100 fly	95-96	12/under	200 med relay
85-86	11-12	100 fly	97-98	14/under	200 med relay

*Timed Finals events with the fastest heat swum in Finals

**Timed Finals events swum in prelims fastest to slowest alternating Girls and Boys

USA Swimming defines a Technical Suit as one that has the following components:

Any suit with any bonded or taped seams regardless of its fabric or silhouette:

Any suit with woven fabric extending past the hips

There may be a meet admission charge for all spectators.

There may be an after-meet social will be available for all swimmers and/or their families.