



## Sierra Nevada Swimming 2019 Western Zone Age Group Team

Dates: August 5-11, 2019

Monday	August 5	Travel Day: Flight From SMF to PDX; Pool Time
Tuesday	August 6	Pool Time; Team Activity
Wednesday	August 7	Competition Day #1
Thursday	August 8	Competition Day #2
Friday	August 9	Competition Day #3
Saturday	August 10	Competition Day #4; Athlete Social
Sunday	August 11	Travel Day: Flight From PDX to SMF

Competition Pool: Mt. Hood Community College Aquatics Center (3435 NE 17<sup>th</sup> St., Gresham, OR 97030)

### Selection Process:

- Level 1: (2) LCM Western Zone (WZ) Qualifying Times (QT)
- Level 2: (1) LCM WZ QT & (1) SCY WZ QT
- Level 3: (2) SCY WZ QTs
- Level 4: (1) LCM WZ QT
- Level 5: (1) SCY WZ QT
- Level 6: Best Overall Time Standards

SNS will select, using a qualifying system, a minimum of **30 Athletes with a maximum of 48 Athletes ages 9-14 y/o**, to represent our LSC @ the 2019 Western Zone Age Group Championships. Athletes who apply with **TWO (2) LCM WZ QTs** will be **automatically** named to the Team. In the event an age/gender group has not filled to capacity after Level 1 Criteria, a progression through the next Levels of Criteria will occur until the remaining roster spots are filled. Athletes will be selected in each age group/gender using both Short Course & Long Course Times achieved from **August 2018 to July 14, 2019**.

### Minimum Requirement:

Must have **ONE (1) AA time** to be considered for the SNS WZAG Team

### Application Release Date:

**Monday, June 17, 2019**

### Application Due Date:

**Saturday, July 13, 2019**

### Mail to:

(application only)

Attn: 2019 SNS WZAG TEAM  
Alex Ongaco  
P.O. Box 833  
Roseville, CA 95661

### Deposit Due:

\$125 refundable deposit is due using the link on OME Swim Connection. Deposit must be received by the closing date on **Saturday, July 13, 2019** in order for an Athlete's application to be considered. Swimmers not selected to the team will be refunded the \$125 deposit via the method of payment used on OME Swim Connection.

### Final Payment Due:

If your swimmer is selected to the Team, a final payment of **\$510** will be required by **Wednesday, July 17, 2019** using the Swim Connection OME link provided to you via email. **Total co-pay per swimmer is \$635.**

### Team Announced:

**Monday, July 15, 2019 on SNS Team Unify Website & LSC email**

### Head Coaches:

Assistant Coaches:

Staff Support:

Kainoa Pistorius & Taylor Moore  
TBA  
Alex Ongaco