



# 2020 Southern Zone South Sectional Championships



March 5 - 8, 2020

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming,  
**Sanction #FGCSR030520SEC-1**

It is understood and agreed that USA Swimming, the facility and the host organizations shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Hosted by:** Plantation Swim Team

**Location:** Plantation Central Park, Plantation FL

**Directions:** Plantation Aquatic Complex is located in Central Park. From I-95 go west on I-595. Exit north on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately  $\frac{3}{4}$  of a mile to Central Park. (1st Stop light) On Central Park make a right. Park entrance is located on the right hand side.

**Date & Time:**

Date	Prelims Warm-up	Prelims Start	Finals Warm-up	Finals Start
Thursday, Mar 5			3:30pm	5:00pm
Friday, Mar 6	7:00am	9:00am	3:30pm	5:00pm
Saturday, Mar 7	7:00am	9:00am	3:30pm	5:00pm
Sunday, Mar 8	7:00am	9:00am	3:30pm	5:00pm

**Technical Meeting:** A technical meeting will be held at the pool at 3:00 pm on Thursday. It is the coaches' responsibility to be aware of all information presented at the meeting

**Pool/Timing:** One eight lane 50 meter course. Continuous warm-up and warm-down area will be available in a second 50 meter course (6 lanes). Water depth at competition starting end is 11'6 and turn end is 4'. Colorado Timing System with full VIVILED video scoreboard will be utilized.

The competition course has been certified in accordance with 104.2.2(C). A copy of such certification is on file with USA Swimming.

**Format:** These championships will be conducted in LCM. The 800m and 1500m freestyle and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 24 swimmers from preliminaries advancing to A, B and C finals. The D final will be limited to the top 18-under athletes that do not qualify for the A, B, or C final.

At the Meet Referee's discretion, preliminary sessions may be conducted in flights or utilizing chase starts. Relay breaks may be inserted at Meet Referee discretion.

**Rules:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

**Deck Changing:** Deck changes are prohibited.

**Camera Free Zone:** The Florida Gold Coast Swimming CAMERA FREE ZONE policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

**Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

**Conflict of Interest:** Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinity are not allowed without written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the

competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.

**Closed Deck:**

Spectators will only be permitted in designated areas of the pool deck unless they are currently registered and in good standing with USA Swimming as an athlete or as a non-athlete and are working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet.

**Coaches:** You will be permitted inside the restricted areas of the deck provided you are wearing your coaching credentials, and do not interfere with those conducting the meet.

**Eligibility:**

This meet is open to all swimmers who are 2020 registered members of USA Swimming as provided by article 302 and foreign athletes invited by USA Swimming, who have achieved the published time standard in one or more events.

The qualifying period shall be July 6, 2018 through the entry deadline.

Entries will be capped at 650 swimmers.

**In-Section:**

Coaches of Florida Swimming and Florida Gold Coast swimmers must reserve their team's place in the meet by advising the host of the number of swimmers that they wish to enter in the meet by December 1, 2019 at 12:00pm (noon) eastern time.

Send your request Terrell Woods email: [terrellwpst@aim.com](mailto:terrellwpst@aim.com)

The following must be included in the email.

Team Name:

Coach Name:

LSC and Club Code:

Coach Email & Mobile Number:

Number of Male Athletes:

Number of Female Athletes:

Total Number of Athletes:

Once we have received your team's request we will add your team to OME.

**Out of Section:**

A number of out-of-section and foreign athletes will be accepted into the meet. This number will be equal to the difference between the entry cap and the number of swimmers entered by in-section teams as described above. Out-of-section and foreign athletes will be accepted on first come first served basis starting December 8, 2019 at 12:00pm (noon) eastern time.

Send your request to Terrell Woods email: [terrellwpst@aim.com](mailto:terrellwpst@aim.com)

The following must be included in the email.

Team Name:

Coach Name:  
 LSC and Club Code:  
 Coach Email & Mobile Number:  
 Number of Male Athletes:  
 Number of Female Athletes:  
 Total Number of Athletes:

Once we have received your team’s request we will add your team to OME.

*Teams should not make nonrefundable travel arrangements before their acceptance into the meet is confirmed.*

**Disability Athletes:** Any athlete with a disability will be accommodated in accordance with Article 105. Qualifying times may be waived by the meet referee for such swimmers. Please contact the meet host ahead of time to allow for preparation.

**Entry:** Enter through USA Swimming Online Meet Entry (OME) at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover.

OME Opens: 12:00am EST Jan 27, 2020  
 OME Closes: 11:59pm EST Feb 24, 2020

Entry times must be achieved in competition sanctioned, approved or observed by USA Swimming or competition sanctioned by another FINA member. If a valid qualifying time does not exist in the USA Swimming SWIMS database, an override time may be entered. All override times must be proven to the administrative referee by the scratch deadline for the event in question or they will be considered false times and will be scratched. Override times used to enter the 200 meter length relays do not require proof.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim three (3) individual events per day (including time trials), two (2) relay events per day, and a total of six (6) events individual events (not including time trials) during the meet.

Teams are limited to no more than two entries per relay event for 200 and 400 meter relays and one entry for the 800 freestyle relay.

Bonus events will be permitted for this meet according to the following:

Individual event qualifying times	Bonus events permitted
1	2
2	2
3	1
4 or more	0

Unregistered swimmers may not be added to a team's roster.

OME Help: Terrell Woods email: [terrellwpst@aim.com](mailto:terrellwpst@aim.com)

**Entry Fees:** \$12.00 per individual event  
**Relay Fees:** \$24.00 per relay  
**Surcharge:** \$15.00 per swimmer

**New Qualifying Times:** Swimmers achieving new qualifying times between Feb 25, 2020 and Mar 3, 2020 may enter through a secondary New Qualifying Times OME.

OME for New Qualifying Times Opens: 12:00am EST Feb 25, 2020  
OME for New Qualifying Times Closes: 12:00pm EST Mar 3, 2020

Bonus events for new qualifiers must be entered by override using any proven time from the meet's qualifying period. Standard entry fees apply.

**Late Entries:** Late entries will be accepted through a secondary Late Entry OME, provided the entry cap has not been reached.

OME for Late Entries Opens: 12:00am EST Feb 25, 2020  
OME for Late Entries Closes: 12:00pm EST Mar 3, 2020

Entry fees for late entries will be twice the standard entry fee. In addition, a fee of \$150 per athlete will be charged for late entries.

No entries will be accepted after the late entry OME closes.

**Responsibility Clause:** The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

**Refunds:** Once a team or individual entry has been received and processed, there will be no refunds.

**Seeding:** All preliminary heats and timed finals events will be seeded fastest to slowest in order of LCM, SCM, and then SCY except as otherwise noted in this meet announcement. The order of the final heats will be A, B, C and D.

**Relays:** The 200 meter relays on Thursday will start no later than 7:00pm. Any remaining heats of 1500 or 800 freestyle will swim after the conclusion of the relays.

The 400 and 800 meter relays will swim at the end of finals (except as noted below) in the following order: second fastest heat of women, fastest heat of

women, second fastest heat of men, fastest heat of men, all remaining heats fastest to slowest alternating heats of women and men.

For Sunday’s 400 Free Relay only, teams may declare a preference to swim in the preliminaries session by 5:30pm Saturday, Mar 7. If no preference is declared, the team will be seeded to swim in finals. The relay events during the preliminaries session will swim all heats of women, all heats of men, fastest to slowest, at the end of the “A” flight and before the “B” flight (if applicable) and the individual distance events.

**800 & 1500 Free:** Thursday’s women’s 1500 and men’s 800 free – Positive Check-in by 3:30pm Thursday, Mar 5 is required to compete. These events will swim fastest to slowest, alternating women and men, until the first heat scheduled to finish after 7:00pm. Any remaining heats will swim following the conclusion of the relays.

Sunday’s women’s 800 and men’s 1500 Free – Positive check-in by 5:30pm Saturday, Mar 7 is required to compete. Swimmers may indicate a preference to swim in the preliminaries session when they check-in. The top eight swimmers who state no preference shall be seeded to compete in the finals session. The remaining heats will swim fastest to slowest, alternating women and men following the conclusion of the relays and all preliminary heats.

**Scratches:** Scratches from timed final events and preliminaries will be accepted until the deadlines listed below.

**Positive Check-in and Scratch Deadlines**

Thursday, Mar 5 events	3:30pm Thursday, Mar 5
Friday, Mar 6 events	5:30pm Thursday, Mar 5
Saturday, Mar 7 events	5:30pm Friday, Mar 6
Sunday, Mar 8 events	5:30pm Saturday, Mar 7

Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her possible intention to scratch within thirty (30) minutes of the announcement of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event.

Failure to compete in finals will result in the swimmer being fined \$25.00 cash. Swimmers may not compete in further individual events or relays until all fines are paid.

First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

**Scoring:** The top 24 places in each event will be scored.

**Individual:** 1-8 Place: 32, 28, 27, 26, 25, 24, 23, 22  
 9-16 Place: 20, 17, 16, 15, 14, 13, 12, 11

17-24 Place: 9, 7, 6, 5, 4, 3, 2, 1

**Relays:**  
 1-8 Place: 64, 56, 54, 52, 50, 48, 46, 44  
 9-16 Place: 40, 34, 32, 30, 28, 26, 24, 22  
 17-24 Place: 18, 14, 12, 10, 8, 6, 4, 2

No points will be awarded when qualifying times are not achieved, but qualifying times may be achieved during prelims or finals.

**Awards:**  
 Individual Events: 1st – 8th  
 Relays: 1st – 3rd  
  
 Individual High Point: Women  
 Men  
  
 Team High Point Awards: Combined: 1st – 5th  
 Women: 1st – 3rd  
 Men: 1st – 3rd

**Meet Director:** Terrell Woods email: terrellwpst@aim.com

**Officials:**  
 Meet Referee: Hector Acevedo  
 Administrative Referee: Allan Golding  
 National Evaluator: Wayne Shulby

This meet will be designated as an Officials Qualifying Meet for N2 and N3 Officials Certification. Officials wishing to be evaluated must apply to the Meet Referee. “Application to Officiate” forms for this meet can be found on the Southern Zone Website: <https://www.teamunify.com/Home.jsp?team=szlsc> click on the application tab. Follow the directions on the form for submitting your application.

An officials briefing will be held one hour prior to each session.

**Warm-up Schedule**  
**Pool Opens Prelims 7:00am / Finals 3:30pm**

**Pool 1. Competition Course**

7:00am to 8:00am (General Warm-up)

8:00am to 8:50am (Controlled Warm-up)

1. Push off 50's or 100 pace (circle swimming)
2. **8:15am Racing start.** One way only. **Diving Well End.**
3. Swimming and pulling (push off)
4. Swimming and pulling (push off)
5. Swimming and pulling (push off)
6. Swimming and pulling (push off)
7. **8:15am Racing start.** One way only. **Diving Well End.**
8. Push off 50's or 100 pace (circle swimming)

**Pool 2.**

1. PACE - Push off 50's or 100 pace (circle swimming)
2. Swimming and pulling (push off)
3. Swimming and pulling (push off)
4. Swimming and pulling (push off)
5. Swimming and pulling (push off)
6. Swimming and pulling (push off)
7. Public Lap Swim
8. Public Lap Swim

Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from the athlete's next individual event or expulsion from the meet.



**ORDER OF EVENTS**

<b>Women's Event #</b>	<b>Thursday, Mar 5</b>	<b>Men's Event #</b>
1	1500 Free	
	800 Free	2
3	200 Medley Relay	4
5	200 Free Relay	6
7	200 Mixed Medley Relay	7
8	200 Mixed Free Relay	8
	<b>Friday, Mar 6</b>	
9	200 Free	10
11	100 Breast	12
13	50 Back	14
15	100 Fly	16
17	400 IM	18
19	800 Free Relay	20
	<b>Saturday, Mar 7</b>	
21	100 Back	22
23	50 Breast	24
25	50 Fly	26
27	200 IM	28
29	50 Free	30
31	400 Free	32
33	400 Medley Relay	34
	<b>Sunday, Mar 8</b>	
35	200 Fly	36
37	100 Free	38
39	200 Breast	40
41	200 Back	42
43	400 Free Relay	44
45	800 Free	
	1500 Free	46
	<b>Sunday Finals</b>	
45	800 Free	
35	200 Fly	36
37	100 Free	38
	1500 Free	46
39	200 Breast	40
41	200 Back	42
43	400 Free Relay	44

## QUALIFYING TIMES

<b>Speedo Championship Series / Southern Zone Southern Section SPRING Championships Time Standards</b>						
<b>Women</b>				<b>Men</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>EVENT</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
28.59	27.59	25.19	<b>50 Free</b>	22.49	24.79	25.79
1:01.89	59.89	54.59	<b>100 Free</b>	49.09	53.89	55.89
2:13.49	2:09.49	1:57.49	<b>200 Free</b>	1:47.39	1:58.79	2:02.79
4:40.59	4:32.59	5:12.59	<b>400/500 Free</b>	4:51.79	4:12.69	4:20.69
9:38.19	9:22.19	10:45.89	<b>800/1000 Free</b>	10:05.09	8:44.09	9:00.09
18:26.69	17:56.69	17:45.69	<b>1500/1650 Free</b>	16:52.99	16:45.89	17:15.89
33.69	32.69	29.19	<b>50 Back</b>	26.09	29.49	30.49
1:12.39	1:10.39	1:03.39	<b>100 Back</b>	57.19	1:04.09	1:06.09
2:35.39	2:31.39	2:15.89	<b>200 Back</b>	2:03.99	2:18.69	2:22.69
38.69	37.69	33.49	<b>50 Breast</b>	29.79	33.59	34.59
1:22.39	1:20.39	1:12.09	<b>100 Breast</b>	1:04.69	1:12.29	1:14.29
2:57.79	2:53.79	2:36.59	<b>200 Breast</b>	2:21.09	2:36.99	2:40.99
31.59	30.59	27.99	<b>50 Fly</b>	24.79	27.39	28.39
1:08.29	1:06.29	1:01.09	<b>100 Fly</b>	54.69	59.79	1:01.79
2:29.79	2:25.79	2:14.39	<b>200 Fly</b>	2:01.69	2:12.79	2:16.79
2:31.29	2:27.29	2:12.49	<b>200 IM</b>	2:00.39	2:13.79	2:17.79
5:18.99	5:10.99	4:41.79	<b>400 IM</b>	4:17.09	4:45.09	4:53.09
			<b>200 Free Relay</b>			
			<b>Mixed 200 Free Relay</b>			
4:24.89	4:16.89	3:54.69	<b>400 Free Relay</b>	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	<b>800 Free Relay</b>	7:42.19	8:27.89	8:43.89
			<b>200 Medley Relay</b>			
			<b>Mixed 200 Medley Relay</b>			
4:54.29	4:46.29	4:18.89	<b>400 Medley Relay</b>	3:53.89	4:17.49	4:25.49

**BONUS TIMES STANDARDS**

<b>Speedo Championship Series / Southern Zone Southern Section SPRING Championships Bonus Time Standards</b>						
<b>Women</b>				<b>Men</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>EVENT</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
29.39	28.29	25.89	<b>50 Free</b>	23.09	25.49	26.49
1:03.49	1:01.39	55.99	<b>100 Free</b>	50.39	55.29	57.29
2:16.89	2:12.79	2:00.49	<b>200 Free</b>	1:50.09	2:01.79	2:05.89
4:47.69	4:39.49	5:20.49	<b>400/500 Free</b>	4:59.09	4:19.09	4:27.29
9:52.69	9:36.29	11:02.09	<b>800/1000 Free</b>	10:20.29	8:57.19	9:13.59
18:54.39	18:23.69	18:12.39	<b>1500/1650 Free</b>	17:18.39	17:11.09	17:41.79
34.59	33.59	29.99	<b>50 Back</b>	26.79	30.29	31.29
1:14.19	1:12.19	1:04.99	<b>100 Back</b>	58.69	1:05.69	1:07.79
2:39.29	2:35.19	2:19.29	<b>200 Back</b>	2:07.09	2:22.19	2:26.29
39.69	38.69	34.39	<b>50 Breast</b>	30.59	34.49	35.49
1:24.49	1:22.39	1:13.89	<b>100 Breast</b>	1:06.39	1:14.09	1:16.19
3:02.29	2:58.19	2:40.59	<b>200 Breast</b>	2:24.69	2:40.99	2:45.09
32.39	31.39	28.69	<b>50 Fly</b>	25.49	28.09	29.09
1:09.99	1:07.99	1:02.69	<b>100 Fly</b>	56.09	1:01.29	1:03.39
2:33.59	2:29.49	2:17.79	<b>200 Fly</b>	2:04.79	2:16.19	2:20.29
2:35.09	2:30.99	2:15.89	<b>200 IM</b>	2:03.39	2:17.19	2:21.29
5:26.99	5:18.79	4:48.89	<b>400 IM</b>	4:23.59	4:52.29	5:00.49

## **Southern Zone South Sectional Championships Time Trials** **March 5 - 8, 2020**

- Sanctioned By:** Florida Gold Coast Swimming, **Sanction #**
- Hosted By:** Plantation Swim Team
- Location:** Plantation Central Park, Plantation FL
- Time:** Following the conclusion of the final preliminary heats on Friday and Saturday and in available open lanes of distance freestyle on Thursday and Sunday.
- Pool/Timing:** One eight lane 50 meter course. Continuous warm-up and warm-down area will be available in a second 50 meter course (6 lanes). Water depth at competition starting end is 11'6 and turn end is 4'. Colorado Timing System with full VIVILED video scoreboard will be utilized.
- Eligibility:** Open to all swimmers entered in the Southern Zone South Sectional Championships.
- Entries:** Entries for Thursday distance freestyle time trials will be accepted by the administrative referee until 3:30pm on Thursday. Entries for all other time trial events will be accepted at the time trial desk until 11:00am each day.
- Entry Fee:** \$24.00 per event. CASH ONLY will be accepted.
- Entry Limit:** Three (3) individual events per day, including events swum in the Sectional meet.
- 800/1500 Freestyle** Distance freestyle events will be offered on Thursday and Sunday with time trial entrants swimming in available open lanes of the slowest heat(s) of events 1-2 and 45-46.
- Rules:** Current USA Swimming rules will apply.
- Meet Referee:** TBA

**ORDER OF EVENTS**

<b>Thursday, Mar 5</b>		<b>Friday, Mar 6</b>		<b>Saturday, Mar 7</b>		<b>Sunday, Mar 8</b>	
101	1500 Free	201	200 Free	301	100 Back	401	800 Free
102	800 Free	202	100 Breast	302	50 Breast	402	1500 Free
		203	50 Back	303	50 Fly		
		204	100 Fly	304	200 IM		
		205	400 IM	305	50 Free		
		206	100 Back	306	400 Free		
		207	50 Breast	307	200 Fly		
		208	50 Fly	308	100 Free		
		209	200 IM	309	200 Breast		
		210	50 Free	310	200 Back		
		211	400 Free	311	200 Free		
		212	200 Fly	312	100 Breast		
		213	100 Free	313	50 Back		
		214	200 Breast	314	100 Fly		
		215	200 Back	315	400 IM		

**All events are mixed gender.**