

2023 FLORIDA GOLD COAST ZONE TEAM APPLICATION  
SOUTHERN ZONE AGE GROUP CHAMPIONSHIPS  
Cary, NC July 26-29, 2023

Parents & Swimmers-PLEASE READ the following carefully in its entirety. There are 4 very important sections you need to review:

1. General Information
2. Team Travel
3. Fees
4. Selection

## **GENERAL INFORMATION**

To secure the best possible athletes, the following rules apply

1. Age as of July 26, 2023, determines the age at the meet and for qualification purposes;
2. All short & long course times performed in USA-sanctioned meets between June 1, 2021, & June 18, 2023, will be used for power points in each age group and gender.
3. Any swimmer who has ever achieved a time faster than or equal to the CURRENT Summer Junior Nationals qualifying time in any event before July 20, 2023, will not be eligible to compete in the 2023 Summer Southern Zone Age Group Championships.
4. Coaches are to be notified of initially selected swimmers. In turn, coaches or team representatives must notify the Zone Team Head Coach or FGC Age Group Chair of intent to compete no more than three (3) days following notification of making the team.

Alternates will be named if:

- The original Zone Team Qualifier turns down his or her spot;
- The original Zone Team Qualifier achieves the 2023 Junior National qualifying time for anyone event;
- A selected athlete becomes unavailable for this competition before the final entry deadline.

Applications received will be taken as a declaration for each swimmer that he/she will be available for the trip in proper peak condition for an event of this championship nature. Home club coaches may be asked to substantiate their own swimmer's commitment to be prepared to race. Failure to prepare properly may result in substitution.

Upon notification of selection to the ZONE team, swimmers are required to submit an electronic registration and pay the \$75 registration fee within 5 days to confirm their position on the team. Once entries are sent to the meet host and airline tickets become non-transferable, no refunds will be given.

Team outfitting will be given out at the event in a team meeting. Shirt Size will be part of the registration process.

## TRAVEL

This event is a TEAM TRAVEL.

Suggested travel days are Tuesday, July 25th, and Sunday, July 30th.

More information to help families who chose to attend the meet make travel and hotel arrangements will be posted ASAP on the FGCswim.org website.

## FEES

There is a \$75 registration fee that will be collected upon acceptance to the team. This will cover meet entries and other incidentals paid by FGC.

Each swimmer will be asked to pay a total of \$XX.00 towards the cost of the trip to XX. This fee will assist the FGC to cover air transportation, hotel accommodations, ground transportation, meet entry fees, and team outfitting. The final cost of the trip will be announced ASAP, and before applications close. All meals on the travel days of Tuesday & Sunday will be the responsibility of the swimmer. \*\*There may be an additional fee requested for team dinners. The team will depart on Tuesday, July 25th, and return on Sunday, July 30th.

## SELECTION CRITERIA

All FGC Swimmers who desire to be considered for selection to the 2023 FGC Southern Zone Team must complete an application form and submit it with the proper signatures. NO LATER than Sunday, June 18, 2023. The 2023 FGC Zone Team will be announced no later than June 28th.

Both the 11-12 & 13-14 age groups will comprise an equal number of athletes (8 females and 8 males) for the 2023 Southern Zone Age Group Championships.

The first six athletes in 11-12 & 13-14 will be selected from adding power points for the events listed. All “\*Scoring Potential” athlete positions are “Wild Card” positions (Athletes #7 & 8 in the 11-12 & 13-14 age groups).

Events will be combined and the total PowerPoint calculated

11-12 Age Group	13-14 Age Group
50/100 FREE	50/100/200 FREE
Distance Free	Distance Free
50/100 BACK	100/200 BACK
50/100 BRST	100/200 BRST
50/100 FLY	100/200 FLY
200 INDIVIDUAL MEDLEY	200/400 INDIVIDUAL MEDLEY

*Scoring Potential Athlete	*Scoring Potential Athlete
*Scoring Potential Athlete	*Scoring Potential Athlete

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All forms must be filled out, e-mailed & **RECEIVED BY SUNDAY NIGHT, JUNE 18, 2023**. PLEASE send to: Coach Liz Kershaw at [agchair@fgcswim.org](mailto:agchair@fgcswim.org)

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_  
MI \_\_\_\_\_

USA SWIMMING ID# \_\_\_\_\_

AGE AS OF SOUTHERN ZONE MEET (July 26, 2023) \_\_\_\_\_ SEX: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ PHONE: (\_\_\_\_\_) \_\_\_\_\_

E-MAIL: \_\_\_\_\_

HOME CLUB TEAM: \_\_\_\_\_ CLUB COACHES NAME: \_\_\_\_\_

\*Please list your events that you have ACHIEVED THE “AAA” TIME STANDARDS IN FIRST (Must have a minimum of three “AAA” in the age group you will compete in at Zones to apply for the Zone Team). Please include the IMX Power Points for each race. Power Points can be found using the USA Swimming Deck Pass App.

Event (Stroke/Distance)	Time (LCM or SCY)	PowerPoints
1.		
2.		
3.		
4.		
5.		
6.		

**\*\*ANY QUESTIONS CONCERNING APPLYING FOR THE 2022 FGC ZONE TEAM,  
PLEASE CONTACT-FGC AGE GROUP VICE CHAIR-Coach Liz Kershaw  
[agchair@fgcswim.org](mailto:agchair@fgcswim.org)**

Thank you for your interest in and support of Florida Gold Coast Swimming! Good Luck!