

**2023 SHORT COURSE SENIOR ZONES
FEDERAL WAY, WA
March 29 – April 1, 2023**



Co-hosted By
Vandal Aquatic Club &
KING Aquatic Club

Weyerhaeuser King County Aquatic Center
650 SW Campus Drive, Federal Way 98023
Facility Phone: (206) 477-4444

Entries OPEN on OME: Monday, February 6, 2023 * 10:00 AM PST

Should OME be unavailable, an alternative method of entry will be posted on the Western Zone website by February 1, 2023

Held Under the Sanction of Pacific Northwest Swimming, Inc. and USA Swimming, Inc.
Sanction # 2303-ZONE * Time Trial Sanction # 2303-ZNTT

Websites:

www.vandalaquatics.com * www.kingaquaticclub.com * www.westernzoneswimming.org * www.usaswimming.org

COVID-19 WARNING & ASSUMPTION OF RISK

IMPORTANT: All meet format details contained in this meet announcement are tentative and based on the current COVID-19 guidelines as of the date of sanctioning. Final details will be confirmed after close of entries and will be reviewed at the General Meeting.

Sanction

This meet has been sanctioned by Pacific Northwest Swimming, Inc. Current USA Swimming rules and the Pacific Northwest Swimming Policies & Procedures will apply. All athletes must be currently registered as Premium or Outreach members for 2023 with USA Swimming. Pacific Northwest Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability

In granting this sanction and by any person's participation in the meet, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Pacific Northwest Swimming, Inc., all meet officials, King County Aquatic Center, Vandal Aquatic Club, and KING Aquatic Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending athlete, if unattached, or the offending athlete's team, if attached, to be held accountable for repairs.

Meet Referee

Brad Tucker
(206) 661-6475 (cell)
wsutucker@gmail.com

Admin Referee

Patrick Hunter
(612) 845-3031 (cell)
phunter.usaswimming@gmail.com

Meet Director

Jody Broyles
(541) 580-6512 (cell)
jodybroyles1@gmail.com

MEET SCHEDULE SUMMARY

Information provided below is ESTIMATED * Additional details will be provided after close of entries

MEETING SCHEDULE		
General Meeting	Sunday March 26 * 7:00 pm PDT via Zoom	
Officials' Meetings	One hour before the start of each session	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Wednesday - Saturday March 29 – April 1	Warm-Up: 7:00 AM Competition: 9:00 AM	Warm-Up: 4:00 pm Competition: 5:30 pm

Supervised Warm-Ups

The facility will be available for supervised warm-ups on Tuesday, March 28th between 4:00 – 7:00 pm.

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Facility

Weyerhaeuser King County Aquatic Center: Site of the 1990 Goodwill Games; 2008 and 2012 NCAA Men's Division 1 Championships; and many U.S. Open, Junior Nationals, and Nationals. Indoor 50-meter, 9 feet deep, 8-lane competitive pool divided into two 25-yard courses. The area between the bulkheads is closed at all times. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins) and Omega backstroke ledges.

Pool Certification

The competition course has been certified in accordance with 104.2.2 C (4). and is on file with USA Swimming.

MEET FORMAT

- **Meet format** will be SCY Prelims (2 courses, 8 lanes each) and SCY Finals (8 lanes). The 1650 Freestyles and Finals Relays may be swum in two courses.
 - One championship heat (A) and four consolation heats (B-C-D-E) will compete in Finals for individual events 200 and shorter.
🏊 *The D & E Heats of these events will be 16&U athletes only.*
 - One championship heat (A) and three consolation heats (B-C-D) will compete in Finals for the 400 Individual Medley and 500 Freestyle events.
🏊 *The D Heat will be 16&U athletes only.*
- **Order of seeding** will be Short Course Yards (SCY), Short Course Meters (SCM), Long Course Meters (LCM). **Bonus events** will be seeded after the above, in the same order: BSCY-BSCM-BLCM.
- **Preliminary Heats of Individual Events will be seeded and swum FASTEST to SLOWEST.**
- **Circle-Seeding:** Top 3 heats of **preliminary** individual events 200 or less, and top 2 heats of **preliminary** individual events of 400 or more, will be circle-seeded, with the **fastest athlete in heat 1.**
- **Finals Heats of Individual Preliminary Events will swum SLOWEST to FASTEST:**
 - 🏊 Individual Events 200 and shorter: Bonus – E, Bonus – D, Bonus - C, Consolation - B, Championship - A.
 - 🏊 400 Individual Medley and 500 Freestyle: Bonus – D, Bonus - C, Consolation - B, Championship - A.
- **Timed Finals Events - 1650Y Freestyles**
 - 🏊 These events will be swum using the National Event format, with the **fastest seeded heat of each gender swum in Finals.** All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin.
 - 🏊 **Athletes may qualify for this event using any of the 1650Y/1500M or 1000Y/800M time standards.** Athletes using non-conforming distance entry times (1000Y/800M) will be seeded after conforming distance entry times.
 - 🏊 Athletes entered in the 1650Y Freestyles wishing to swim in preliminary heats rather than the Finals heat need to declare this intention by the stated scratch deadline for that day's events.
- **Timed Finals Events - Relays:** This meet will offer both single-gender and mixed-gender relays.
 - 🏊 Finals Relays may be swum in two courses.
 - 🏊 Finals Relays wishing to swim in preliminary heats rather than in Finals heats need to declare this intention by the stated scratch deadline for that day's events.
 - 🏊 See **Order of Events**, p. 3 of this announcement, and **Entries**, p. 5 of this announcement, for additional details.
- **There will be NO Finals Ready Room** at this event. Athletes will not be paraded to the blocks. Athletes are to report to their lane, and the championship heat will be announced behind the blocks.
- **Awards MAY be presented at this event.** Final details will be announced at the General Meeting

ORDER OF EVENTS

Women's Event #	Wednesday * March 29, 2023	Men's Event #
1	200 Backstroke	2
3	100 Butterfly	4
5	500 Freestyle	6
7	200 Medley Relay (A)	8
Women's Event #	Thursday * March 30, 2023	Men's Event #
9	200 Freestyle	10
11	100 Backstroke	12
13	400 Individual Medley	14
15	200 Freestyle Relay (A)	16
Women's Event #	Friday * March 31, 2023	Men's Event #
17	200 Butterfly	18
19	100 Freestyle	20
21	200 Breaststroke	22
23	200 Mixed Medley Relay (B)	23
Women's Event #	Saturday * April 1, 2023	Men's Event #
24	100 Breaststroke	25
26	50 Freestyle	27
28	200 Individual Medley	29
30	1650 Freestyle (C)	31
32	200 Mixed Freestyle Relay (B)	32

A: These relay events will be conducted as timed finals **with A & B relays swum at the end of Finals**, using the National Event Format: Fastest two heats of women (second fastest, fastest) followed by fastest two heats of men (second fastest, fastest), then alternating women/men fastest to slowest (3rd fastest women, 3rd fastest men, 4th fastest women, 4th fastest men, etc)

There may be a 10-min break following the conclusion of Finals individual events, prior to the start of these relays.
 Finals Relays may be swum in two courses.

ALL C Relays will swim in Prelims, fastest to slowest, in event order (all women's heats, then all men's heats).

There may be a 10-min break following the conclusion of Preliminary individual events, prior to the start of these relays.

B: These relay events will be conducted as timed finals with **A – D relays swum at the end of Finals**, as follows:
 Fastest two heats (second fastest, fastest) followed by all other heats, swum fastest to slowest (3rd fastest, 4th fastest, etc)

There may be a 10-min break following the conclusion of Finals individual events, prior to the start of these relays.
 Finals Relays may be swum in two courses.

ALL E & F Relays will swim in Prelims, in event order, fastest to slowest.

There may be a 10-min break following the conclusion of Preliminary individual events, prior to the start of these relays.

C: The 1650Y Freestyles will be conducted as timed finals, following the National Championship format, with the **fastest heat of women and the fastest heat of men swimming in Finals as follows**: Women's fastest heat following Event 25 * Men's fastest heat following Event 27.

All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin.

Athletes may qualify for this event using any of the 1650Y/1500M or 1000Y/800M time standards. Non-conforming distance entry times (1000Y/800M) will be seeded after conforming distance entry times.

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RULES

- Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy (“MAAPP”).
- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- **The age of the athlete will be his/her age as of March 29, 2023, the first day of competition.**
- All athletes ages 18-19 must have completed and be current with the USA Swimming Athlete Protection Training certification to compete.
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach in attendance must report to the Meet Director or Meet Referee who may assist an athlete in making supervision arrangements, but it is the athlete’s responsibility to make these arrangements prior to the start of the meet and to so notify the Meet Referee.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke Start, or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete’s legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the athletes’ and coaches’ responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet’s scratch rules.
- Deck changes are prohibited.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography including visual recording is not allowed behind the blocks during the start of a race or relay exchange.
- 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.
- All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach’s credentials include current water safety skills and CPR/AED certification. The facility’s AEDs are located in the southwest corner of the natatorium by the doors to the recreation pool and in the main lobby behind the front desk next to the viewing windows. A third AED is on the Banquet Hall wall by the reception desk.
- **All athletes (or parent/guardian if under 18) are required to complete any necessary paperwork and submit to Meet Host as a condition of meet entry.**

RESTRICTIONS

- **This is a CLOSED-DECK meet. Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition deck.**
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Only service animals shall be allowed in the facility.

Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator’s personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

Photography and Videos

Photographers and/or videographers may be present on deck at this meet. **Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race including relay exchanges.**

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ELIGIBILITY

This meet is open to all athletes **AGES 19 AND UNDER** who:

1. Are currently registered Premium or Outreach members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. **This is a closed meet and open only to athletes currently registered within the LSCs of the Western Zone as of the date entries close.**
On-deck transfer into an eligible LSC is not allowed.
3. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions **between October 1, 2021, and the close of entries**. Qualifying times for this meet will be the 2022 Western Zone Senior LC Championship “A” standards and Bonus standards for individual events. These are attached to this meet announcement on p. 9-10. **There will be NO relay only athletes.**
4. There will be no de-qualification time standards for this meet, for the second year of this event.
5. Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative prior to the scratch deadline for the event. Failure to provide such proof of time prior to that deadline will result in the athlete being removed from the event. It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times are in SWIMS.
6. There are no relay time standards, and proof of relay entry times is not required.
7. All athletes ages 18-19 must have completed and be current with the USA Swimming Athlete Protection Training certification to compete.
8. Athletes with a disability who have achieved the USA Swimming Zone Para qualifying time standards during the qualifying period for this meet may enter individual events for which the standard has been achieved. These standards are attached to this meet announcement on p. 11.
 - ✦ Contact Meet Director Jody Broyles jodybroyles1@gmail.com for information on how to enter athletes with disabilities into the meet.
 - ✦ Athletes with disabilities may also participate in SCY Time Trials on the same basis as other entered athletes – see **Time Trials**, p.7 for additional information.
9. In accordance with USA Swimming rules 202.4.15 & Article 105.1, the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.

ENTRIES

All entries must be submitted online through USA Swimming’s Online Meet Entry system – www.usaswimming.org/ome beginning 10:00 AM PST, Tuesday, February 6, 2023.

Should OME be unavailable, an alternative method of entry will be posted on the Western Zone Site by February 1, 2023

- **Regular Entries CLOSE at 11:59 PM PDT, Wednesday, March 15, 2023**
- **Qualifying Time Period: October 1, 2021 through close of entries.**
- With the submission of entries, the coach/team representative attests that all athletes entered are registered with USA Swimming.
- **You must choose the OME option to pay by credit card.**
- Once you complete your online entry, you will be sent a confirmation email. Bring it and all communications with you to the meet in case of any entry problems. When entering an individual time not yet in SWIMS, please try to ensure that the missing data is downloaded into SWIMS as soon as possible.
- Please note that OME will not update entry times as new results are entered into SWIMS. You can return to your entry after you have checked out to modify entry times should they improve during the entry period or to add events to your entry, but you cannot delete events after you have paid for them. **All entry modifications must be made before the entry deadline.**
- Check all entries before paying for them! Enter each one with an accurate time achieved in the proper course; converted times will not be accepted.
- If you have **trouble using OME**, please contact **Macie McNichols** at USASwimming: mmcnichols@usaswimming.org * (719) 866-3506
- Direct Meet Entry questions to Meet Director, Jody Broyles jodybroyles1@gmail.com

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ENTRIES, con't

Individual Event Limits

Each entered athlete may enter and compete in a maximum of seven (7) individual events total for the meet (not including SCY Time Trials). Athletes may not compete in more than three (3) individual events per day including SCY Time Trials. Athletes may enter any number of time trials during the course of the meet but may not exceed the limit of three (3) individual events per day including SCY Time Trials. See SCY Time Trials, p.9, for additional information.

Bonus Events

Athletes entered in the meet with at least one qualified individual event will be eligible to enter up to a maximum of two (2) Bonus events in which the Bonus standard has been achieved. Athlete may enter and compete in a maximum of seven (7) individual events total for the meet, including Bonus events (but not including SCY Time Trials).

- ✚ Bonus events are limited to distances of 200Y or less.
- ✚ **Bonus times must appear in SWIMS within the qualifying time period: October 1, 2021 through close of entries. NT entries will not be accepted.**

Relay Event Limits

There will be NO relay only athletes. Athletes must be entered in the meet to swim on a relay.

- There are *no* relay time standards, and proof of relay entry times is *not* required.
- Athletes may compete in one relay per day, and up to four (4) relays total for the meet.
- **Single-gender Relays:** Maximum of THREE (3) relay entries per team, per gender (A-B-C)
 - ✚ All single-gender C relays will be swum in Preliminary Heats *only*
 - ✚ Finals A & B Relays wishing to swim in preliminary heats rather than the Finals heats need to declare this intention by the stated scratch deadline for that day's events.
- **Mixed-gender Relays:** Maximum of SIX (6) relay entries per team (A – F)
 - ✚ Mixed-gender relays must be comprised of two female athletes and two male athletes.
 - ✚ All mixed-gender E & F relays will be swum in Preliminary Heats *only*
 - ✚ Finals A – D Relays wishing to swim in preliminary heats rather than the Finals heats need to declare this intention by the stated scratch deadline for that day's events.

ENTRY FEES

Meet Surcharge	\$40.00 surcharge per athlete
Meet Entry Fees	\$20.00 per individual event entry \$40.00 per relay entry

Late Entries

Late entries for athletes who had qualifying times **prior** to the entry deadline may be submitted using the **USA Swimming Online Meet Entry system** www.usaswimming.org/ome until 10:00 am PDT, Monday, March 27, 2023.

- **Late Entry Fine** \$100.00 per athlete
- **Late Entry Surcharge** \$80.00 surcharge per athlete (if adding a new athlete to meet)
- **Late Entry Fees** \$40.00 per individual event
\$80.00 per relay

First-Time Individual Event Qualifiers

Athletes who achieve a **first-time individual qualifying standard** from Thursday, March 16, 2023, through Sunday, March 26, 2023, may enter the meet using the **USA Swimming Online Meet Entry system** www.usaswimming.org/ome:

- New qualifying individual entries will be accepted via the OME Entry Platform until 10:00 am PDT, Monday, March 27, 2023, and may not be used to improve the seed time of a previously submitted entry.
- Updating bonus swim entry times after the March 15th regular entry deadline will not be permitted. However, an athlete who achieves a first-time qualifying time in an event he/she had previously entered as a bonus swim may treat the bonus swim as a qualifying swim to allow for an additional bonus swim.
- To update a previously entered bonus event to new a new qualifying swim, and to add a new bonus event, **contact Meet Director Jody Broyles** jodybroyles1@gmail.com.

Meet Entry Questions

Questions concerning meet entries should be directed to **Meet Director Jody Broyles** jodybroyles1@gmail.com.

SCRATCH PROCEDURES

**The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet.
These rules are described in USA Swimming Rule 207.11.6 in the current Rulebook.**

Scratch Deadline for ALL Preliminary and Timed Finals Events, including Relays and the 1650Y Freestyles, will be 6:00 pm of the day PRIOR to the event being swum.

- All scratches for preliminary and timed finals events will be done via to the Admin Referee, Patrick Hunter:
phunter.usaswimming@gmail.com
- Athletes are considered checked in for all individual events unless scratched.

Scratches From Finals

All scratches from Finals must be completed within the deadlines specified by the USA Swimming Rule 207.11.6 and must be made **on-site** with the Administrative Referee **at the meet**.

RELAYS will follow the same scratch procedures as Individual Events.

- ✚ *Scratches for relays are due to the Admin Referee prior to the scratch deadline for that day's events.*
- ✚ *Finals Relays wishing to swim in preliminary heats rather than the Finals heats need to declare this intention by the stated scratch deadline for that day's events*

Entry forms for the submission of names not previously submitted with entries, or for making changes to athletes swimming on a relay, will be available at Administration Desk. Please list the competing relay swimmers with first and last names and order of swimming for each entered relay. Relay forms are due to the Administration Desk no later than one (1) hour prior to the start of the relays. However, relay names and order may be changed up to the time of the swim at the blocks, with the timers.

OTHER IMPORTANT INFORMATION

Scoring

Scoring will be on a twenty-four (24) place basis.

- **Individual events:** 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- **Relays:** 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
- ✚ Scoring for mixed gender relays will be evenly split between men's and women's team scores, and credited in full to combined team scores.

Awards

- Medals: top three (3) individual and relay places.
- Team awards: First through Third places for Women, Men, and Combined. Team scoring will include both individual and relay events to 24 places each. Both women and men must score for a team to be eligible for a combined scoring team award.
- Individual High Point Awards: Top-scoring Woman and Top-scoring Man (individual events only)
- **Awards MAY be presented at this event.** Final details will be announced at the General Meeting

General Meeting

A General Meeting will be held via Zoom on Sunday, March 26, 2023 at 7:00 pm PDT. Link will be sent after close of entries.

Teams must have a coach or team representative in attendance.

Coaches not in attendance are responsible for obtaining the information covered in the General Meeting.

Registration & Team Check-In / Clerk of Course

Site-specific details will be provided after close of entries.

Meet Time Line

If the projected length of any session exceeds 4½ hours, the Meet Referee, in consultation with the meet host, reserves the right to adjust. All adjustments will be announced at the General Meeting, and as necessary during the event.

Warm-Ups

The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet.

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SCY Time Trials - Summary * Confirmed details will be sent out ASAP following the close of entries

- SCY Time Trials will be held under a separate sanction of Pacific Northwest Swimming, Inc.
- SCY Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Entries for SCY Time Trials will be conducted only through OME – there will be NO deck entries.
- Should OME not be available, details regarding Time Trial entries will be confirmed following the close of entries.
- Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- Each SCY time trial swim will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day.
- Athletes may enter any number of time trials during the course of the meet but may not exceed the limit of three (3) individual events per day with a combination of time trials and individual meet events.
- **SCY Time Trial Entry Fees: \$20.00 per individual event \$40.00 per relay event**

Timers & Counters

- Timers will be provided for individual Finals events, including the 500 Freestyle and 400 Individual Medley events.
- Participating teams will be assigned lanes for timing for all Preliminary events including relays, and for Finals relays, if two pools are used for Finals relays.
- Athletes will need to provide their own timers for Time Trials and the 1650Y Freestyles – details will be announced following the close of entries.
- Athletes wishing to have a counter for distance events, including the 500 Freestyle, will need to provide a person for this purpose. Lap counting devices will be provided.

Hospitality

Hospitality will be provided for Coaches and Officials. Athletes may not be present in the Hospitality Room.

Meet Information & Results:

Meet Information and post-meet results will be posted to the websites listed on p.1 of this Announcement.

Parking at the Facility

There is NO RV or Motor Home parking available anywhere at the Weyerhaeuser King County Aquatic Center.

Additional information on parking will be distributed the week prior to the meet.

Concessions & Other Meet Vendors

Concessions & other meet vendors may be available at this event. Additional details will be provided as soon as they are available.

OFFICIALS

Officials interested in attending this event are invited to apply to officiate by completing the online application, below. Applicants must be a current member of USA Swimming and an LSC-certified official.

Officials Online Application link: [Western Zone Swimming - Officials Applications](#) * select the Officials Application for this meet.

- **Application Deadline for Assigned Positions: March 1, 2023**
- **Application Deadline to receive meet-specific Officials Polo & Name Tag: March 1, 2023**
- **All other applications are encouraged by March 10, 2023**

This meet has been designated as a training meet for N2 and N3 Officials Certification. OQM # PENDING

Officials wishing to renew this level of certification must apply using the online application form (link above) and notify the Meet Referee upon arrival at the meet. Instructions for certification will be provided during Officials' Meetings.

Officials Uniform

The uniform for officials for the meet will be:

- **Prelims: White polo shirt * khaki shorts, skirt, or pants * white, closed toe shoes with white socks**
- **Finals: Navy polo shirt * khaki long skirt or long pants (shorts only during Prelims please)* white, closed toe shoes with white socks**
- **Meet-specific Officials Polo & Name Tag: All officials who have submitted their application by March 1, 2023, will receive a meet-specific Navy Officials Polo for Finals & a personalized Name Tag.** Please visit [Western Zone Swimming - Officials Applications](#) & select the Officials Application for this meet for additional information.

Officials Meetings

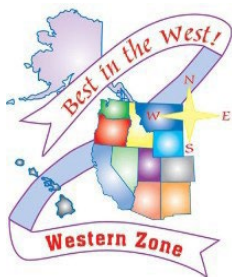
Officials' Meetings will be one hour before each day's sessions; location and exact times TBA

HOTELS

MARRIOTT IS A PROUD SPONSOR OF USA SWIMMING

A “one-click” Hotel Resource Link through Team Travel Source has been created to provide quick & easy access to making hotel reservations in the Federal Way area, including several Marriott properties:

- Click Here: [Team Travel Source Hotel Reservation Link – 2023 Short Course Senior Zones](#)



2023 Short Course Senior Zones

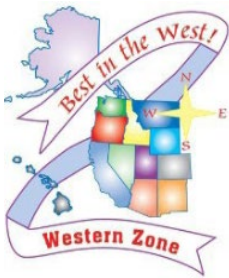
March 29 – April 1, 2023

King County Aquatic Center
Federal Way, WA

Qualifying Time Period: October 1, 2021 - Close of Entries

Meet Qualifying Time Standards						
Women			Men			
LCM	SCM	SCY	Event	SCY	SCM	LCM
29.89	29.09	26.09	50 Free	23.29	26.19	26.79
1:04.99	1:03.19	56.59	100 Free	51.19	57.09	59.19
2:20.09	2:16.09	2:02.69	200 Free	1:52.09	2:04.69	2:09.29
4:54.49	4:48.09	5:29.09	400/500 Free	5:04.39	4:27.89	4:34.19
10:08.99	9:56.09	11:21.19	800/1000 Free	10:34.99	9:15.69	9:35.09
19:29.59	18:51.19	18:57.79	1500/1650 Free	17:44.09	17:37.89	18:11.69
1:11.79	1:08.49	1:01.39	100 Back	55.99	1:02.09	1:05.89
2:34.79	2:28.99	2:13.89	200 Back	2:01.59	2:15.99	2:22.69
1:21.69	1:18.89	1:10.49	100 Breast	1:02.89	1:10.49	1:13.79
2:57.39	2:50.79	2:32.79	200 Breast	2:18.19	2:33.09	2:40.49
1:10.09	1:08.39	1:01.39	100 Fly	55.49	1:01.99	1:03.59
2:33.89	2:32.69	2:15.79	200 Fly	2:04.29	2:17.49	2:21.49
2:37.59	2:32.69	2:16.99	200 IM	2:04.69	2:18.69	2:25.09
5:35.09	5:24.59	4:52.29	400 IM	4:28.59	4:58.69	5:07.29

NO DEQUAL TIME STANDARDS FOR 2023



2023 Short Course Senior Zones

March 29 – April 1, 2023

King County Aquatic Center
Federal Way, WA

Qualifying Time Period: October 1, 2021 - Close of Entries

Bonus Time Standards						
Women			Men			
LCM	SCM	SCY	Event	SCY	SCM	LCM
30.39	29.59	26.59	50 Free	23.79	26.69	27.29
1:05.99	1:04.19	57.59	100 Free	52.19	58.09	1:00.19
2:22.09	2:18.09	2:04.69	200 Free	1:54.09	2:06.69	2:11.29
NA	NA	NA	400/500 Free	NA	NA	NA
NA	NA	NA	800/1000 Free	NA	NA	NA
NA	NA	NA	1500/1650 Free	NA	NA	NA
1:12.79	1:09.49	1:02.39	100 Back	56.99	1:03.09	1:06.89
2:36.79	2:30.99	2:15.89	200 Back	2:03.59	2:17.99	2:24.69
1:22.69	1:19.89	1:11.49	100 Breast	1:03.89	1:11.49	1:14.79
2:59.39	2:52.79	2:34.79	200 Breast	2:20.19	2:35.09	2:42.49
1:11.09	1:09.39	1:02.39	100 Fly	56.49	1:02.99	1:04.59
2:35.89	2:34.69	2:17.79	200 Fly	2:06.29	2:19.49	2:23.49
2:39.59	2:34.69	2:18.99	200 IM	2:06.69	2:20.69	2:27.09
NA	NA	NA	400 IM	NA	NA	NA

Para 1 ZONE Motivational Time Standards

P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys							
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:37.89	1:37.89	1:29.39	1:29.39	1:22.89	1:22.89	1:21.59	1:21.59		50 FR	1:33.29	1:33.29	1:24.29	1:24.29	1:18.29	1:18.29	1:15.29
3:25.49	3:25.49	3:07.69	3:07.69	2:53.99	2:53.99	2:51.19	2:51.19	100 FR	3:30.59	3:30.59	3:10.29	3:10.29	2:56.69	2:56.69	2:49.89	2:49.89	
8:12.49	8:12.49	7:29.39	7:49.39	6:56.59	6:56.59	6:50.09	6:50.09	200 FR	5:46.79	5:46.79	5:13.19	5:13.19	4:50.89	4:50.89	4:39.69	4:39.69	
1:55.89	1:55.89	1:45.79	1:45.79	1:38.09	1:38.09	1:36.59	1:36.59	50 BK	1:17.89	1:17.89	1:10.39	1:10.39	1:05.39	1:05.39	1:02.79	1:02.79	
3:32.99	3:32.99	3:14.59	3:14.59	3:00.39	3:00.39	2:57.49	2:57.49	100 BK	2:50.19	2:50.19	2:33.69	2:33.69	2:22.69	2:22.69	2:17.29	2:17.29	
1:47.29	1:47.29	1:30.99	1:37.99	1:30.79	1:30.79	1:29.39	1:29.39	50 BR	1:24.19	1:24.19	1:16.09	1:16.09	1:10.59	1:10.59	1:07.89	1:07.89	
5:05.89	5:05.89	4:39.39	4:39.39	4:18.99	4:18.99	4:14.99	4:14.99	100 BR	4:04.19	4:04.19	3:40.59	3:40.59	3:24.89	3:24.89	3:16.99	3:16.99	
2:52.49	2:52.49	2:37.49	2:37.49	2:25.99	2:25.99	2:23.69	2:23.69	50 FL	2:37.89	2:37.89	2:22.59	2:22.59	2:12.39	2:12.39	2:07.29	2:07.29	
7:07.49	7:07.49	6:30.39	6:30.39	6:01.89	6:01.89	5:56.19	5:56.19	150 IM	7:02.79	7:02.79	6:21.89	6:21.89	5:54.59	5:54.59	5:40.99	5:40.99	

Para 2 ZONE Motivational Time Standards

P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								P2	Boys							
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	53.29	56.09	48.79	51.29	45.19	47.49	44.49	46.79		50 FR	50.69	53.39	45.79	48.19	42.59	44.75	40.89
1:58.69	2:04.89	1:48.39	1:54.09	1:40.49	1:45.69	1:38.89	1:44.09	100 FR	1:51.89	1:57.69	1:40.99	1:46.39	1:33.99	1:38.79	1:30.19	1:34.99	
4:04.29	4:17.09	3:43.09	3:54.79	3:26.59	3:37.69	3:23.59	3:34.29	200 FR	3:56.59	4:09.09	3:33.69	3:44.99	3:18.59	3:28.89	3:10.79	3:20.89	
		9:17.49	7:35.09	8:25.49	6:52.59	8:17.49	6:46.09	400/500 FR			8:59.39	7:20.29	8:20.79	6:48.79	8:01.59	6:33.09	
1:04.79	1:08.19	59.19	1:02.29	54.89	57.69	53.99	56.79	50 BK	57.39	1:00.39	51.79	54.49	48.19	50.69	46.29	48.69	
2:29.89	2:37.69	2:16.89	2:24.09	2:06.89	2:13.49	2:04.89	2:11.39	100 BK	2:32.89	2:40.89	2:09.69	2:16.49	2:00.59	2:06.79	1:55.79	2:01.89	
		4:42.39	4:57.19	4:21.79	4:35.49	4:17.69	4:31.19	200 BK			4:03.49	4:16.29	3:46.09	3:57.99	3:37.39	3:48.79	
1:07.69	1:11.19	1:01.79	1:04.99	57.29	1:00.29	56.39	59.29	50 BR	1:04.99	1:08.39	59.19	1:01.79	54.59	57.39	52.39	55.19	
2:29.99	2:37.89	2:16.99	2:24.19	2:05.19	2:13.69	2:05.09	2:11.59	100 BR	2:24.09	2:31.69	2:10.19	2:16.99	2:00.99	2:07.19	1:56.19	2:02.39	
		5:00.09	5:15.79	4:38.19	4:52.79	4:33.79	4:48.19	200 BR			4:40.89	4:55.69	4:20.99	4:34.59	4:10.79	4:23.99	
1:05.29	1:08.69	59.59	1:02.69	55.19	58.09	54.39	57.19	50 FL	52.49	55.29	47.39	49.89	44.09	46.39	42.39	44.59	
2:47.69	2:56.49	2:33.19	2:41.19	2:22.09	2:29.49	2:19.79	2:27.09	100 FL	2:44.69	2:53.29	2:28.69	2:36.59	2:18.29	2:25.39	2:12.79	2:19.79	
5:11.09	5:27.39	4:44.09	4:58.99	4:23.39	4:37.19	4:19.19	4:32.79	200 IM	4:53.49	5:09.89	4:25.09	4:38.99	4:06.29	4:19.09	3:56.69	4:09.19	

Para 3 ZONE Motivational Time Standards

P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								P3	Boys							
	10 U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	41.39	45.89	37.79	41.89	34.99	38.79	34.39	38.19		50 FR	37.39	41.49	33.79	37.49	31.39	34.79	30.09
1:28.09	1:37.79	1:20.39	1:29.29	1:14.59	1:22.79	1:13.39	1:21.49	100 FR	1:21.19	1:30.19	1:13.39	1:21.49	1:08.29	1:15.79	1:05.49	1:12.79	
3:37.09	4:01.19	3:18.29	3:40.29	3:03.79	3:24.19	3:00.89	3:20.99	200 FR	3:05.69	3:26.29	2:47.69	3:06.39	2:35.79	2:53.09	2:29.79	2:46.39	
8:14.09	7:14.29	7:31.29	6:36.69	6:58.29	6:07.69	6:51.69	6:01.89	400/500 FR	8:01.09	7:02.89	7:14.39	6:21.89	6:43.49	5:54.69	6:27.89	5:40.99	
		17:06.19	14:33.39	15:58.09	13:35.39	15:44.49	13:23.79	800/1000 FR			17:08.19	14:34.99	15:54.69	13:32.49	15:17.89	13:01.19	
		30:59.39	29:02.59	29:03.69	27:13.89	28:40.09	26:52.09	1500/1650 FR			31:47.89	29:48.09	29:31.59	27:40.29	28:23.49	26:36.49	
52.19	57.89	46.89	52.09	42.99	47.69	42.19	46.79	50 BK	42.79	47.59	38.69	42.99	35.99	39.89	34.59	38.39	
1:45.49	1:57.19	1:36.38	1:47.09	1:29.39	1:39.29	1:27.99	1:37.69	100 BK	1:30.29	1:40.29	1:21.59	1:30.59	1:15.69	1:24.09	1:12.79	1:20.89	
		3:57.09	4:23.39	3:36.89	4:00.89	3:32.79	3:56.39	200 BK			3:15.59	3:37.29	3:01.69	3:21.79	2:54.59	3:13.99	
52.69	58.49	47.49	52.69	43.39	48.19	42.59	47.29	50 BR	46.79	51.99	42.29	46.99	39.29	43.59	37.79	41.89	
1:52.29	2:04.69	1:42.59	1:53.89	1:35.09	1:45.59	1:33.49	1:43.89	100 BR	1:43.89	1:55.39	1:33.79	1:44.29	1:27.19	1:36.79	1:23.79	1:33.09	
		3:49.99	4:15.49	3:30.39	3:53.69	3:26.39	3:49.29	200 BR			3:25.39	3:48.19	3:10.79	3:31.89	3:03.39	3:23.79	
47.39	52.59	42.59	47.29	38.99	43.29	38.29	42.49	50 FL	40.59	45.09	36.69	40.79	34.19	37.89	32.79	36.39	
1:35.39	1:45.89	1:27.09	1:36.69	1:20.69	1:29.59	1:19.39	1:28.19	100 FL	1:25.39	1:34.89	1:17.19	1:25.69	1:11.69	1:19.59	1:08.89	1:16.49	
		3:45.69	4:10.69	3:26.39	3:49.29	3:22.49	3:44.99	200 FL			3:15.19	3:36.89	3:01.29	3:21.39	2:44.29	3:13.69	
3:43.19	4:07.89	3:23.79	3:46.39	3:08.99	3:29.89	3:05.99	3:26.59	200 IM	3:16.99	3:38.89	2:57.99	3:17.69	2:45.29	3:03.59	2:38.89	2:56.49	
		8:12.89	9:07.59	7:30.79	8:20.79	7:22.29	8:11.39	400 IM			7:13.39	7:46.79	6:30.49	7:13.79	6:56.79	6:56.79	