

## 2024 CENTRAL ZONE 14 & UNDER CHAMPIONSHIP MEET

### General Information

Aug 1 – 4, West Fargo, ND,

Aug 8 – 11, Des Moines, IA

#### General Rules and Definitions

- Meet entries may be submitted by LSC only.
- Separate entries from individuals or clubs will not be accepted.
- Qualified Swimmer: one who has achieved a National AAA time in an event
- Invited Swimmer: one who has achieved a National A time in an event to fill an event slot for those events where there are not 2 qualified swimmers.
- Bonus swims: distance of 50 or 100 are allowed for Qualified Swimmers only. If qualified in 1 event, 2 bonus swims; if qualified in 2 events, 1 bonus swim.
- Site specific information is found in the Site-Specific details at the end of this general pool information.

#### Sanction

Held under the sanction of the host LSC and USA Swimming. In granting this sanction it is understood and agreed that host LSC and 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.

#### Meet Schedule

<i>Day</i>	<i>Session</i>	<i>Group</i>	<i>Warm-up</i>	<i>Competition</i>
Thursday	Registration	All Teams	Coaches will notify their team of time and place	
	1	11 & Over Timed Finals	1:30 PM	3:00 PM
Friday	2	11 & Over Prelims	7:00 AM	8:40 AM
	3	10 & U Timed Finals	end of session 2	1 hour after end of session 2
	4	11 & Over Finals	TBA	TBA
Saturday	5	11 & Over Prelims	7:00 AM	8:40 AM
	6	10 & U Timed Finals	end of session 5	1 hour after end of session 5
	7	11 & Over Finals	TBA	TBA
Sunday	8	11 & Over Prelims	7:00 AM	8:40 AM
	9	13-14 Timed Finals	end of session 8	1 hour after end of session 8
	10	11 & Over Finals	TBA	TBA

- Pool will be cleared 10 minutes before the start of any session.
- If necessary, warm-ups may be split for a minimum of 40 minutes per session.
- At the request of the swimmer's coach and at the discretion of the Meet Referee, a 15 minute break between an individual swimmer's events will be observed.

**Rules**

Current USA Swimming rules will govern the Meets. Participating athletes must be ages 14 & under, registered with USA Swimming as a premium athlete in one of the participating LSCs, and have achieved qualifying time standards as described in the Eligibility section of this document.

- Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, in changing areas, rest rooms, or locker rooms during warmups or competition.
- 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.
- Flash photography will not be allowed during the start of any heat. Individuals using flash photography near the start of a heat may be ejected from the meet facility.

**Team  
Registration**

- Registration will be held on Thursday from 8 AM to 1 PM.
- All teams should schedule their arrival to register during these hours. Teams may work with hosts to schedule specific times. Teams wishing to have a morning warm-up session on Thursday during registration must let the host team know by 5:00 PM on July 15. Pool availability is at the discretion of the host.
- This registration period is for Team Managers/Coaches only; swimmers do not need to register individually with the meet host.
- LSCs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue. Hosts should be consulted for assistance in selecting an appropriate space and time within the facility. Team photos are scheduled during the registration period.

**Safety & Warm-up  
Procedures**

- Safety procedures of USA Swimming, including feet-first entry, will be followed.
- Specific warm-up procedures will be posted and distributed at the General Meeting.
- Coaches must be in control of their swimmers during their warm-up times.

**LSC  
Representative**

Each LSC must have a representative and alternate to act as a liaison between the LSC and the Meet Director. It is recommended that these persons NOT be the LSC's Head Coach. These designated persons must be identified to the Meet Director either with the meet entries or at the General Meeting on Tuesday.

**Athlete Conduct**

Deck Changes are prohibited.

LSCs are responsible for ensuring an athlete CODE OF CONDUCT and MEDICAL RELEASE form are complete in accordance with your policies and procedures.

**Eligibility**

- A. Membership: All athletes must be premium (not seasonal) USA Swimming members with the LSC they represent. USA Swimming App is acceptable proof of

USA Swimming membership.

- B. Swimmer's age: Age of swimmer shall be as of the first day of the pool competition.
- C. Certification: 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.
- D. Qualifying Time/Eligibility:
  - a. Swimmers must have achieved a National AAA (LCM, SCM, SCY) time between the first day of the first Zone Meet of the previous year and the entry deadline date for the current Central Zone meet.
  - b. Swimmers who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it is a SCY or SCM time.
  - c. Those who have achieved a AAA qualifying time in the 1500/1650 are eligible to swim the 800 and those who have achieved a AAA time in the 800/1000 are also eligible to swim the 1500.
  - d. Athletes aged 13-14 who have achieved a AAA qualifying time in the 100 strokes (back, breast, butterfly) are also eligible for the corresponding 50. Entry times for the 50 will be submitted as an override time.
  - e. Swimmers who achieve individual event cuts for meets listed below prior to July 15<sup>th</sup> shall not be eligible to compete in that particular stroke and distance, including relay events.
  - f. Swimmers who have achieved an individual event cut for the meets listed below prior to their respective assigned Zone Championship entry deadline in the 100 stroke (back, breast, butterfly) shall not be eligible to enter the corresponding 50 stroke or swim that stroke in the 200 medley relay.
    - i. National Championships
    - ii. Summer Junior National Championships
    - iii. US Open
  - g. Entry times must be verifiable in SWIMS.
  - h. If the LSC has no Qualified Swimmers or fewer than two (2) Qualified Swimmers in an event, the LSC may enter up to the two (2) maximum Invited Swimmers in that event who meet the National A minimum qualifying time. The Invited swimmers shall be entered with a time and will be swum first.

- Relay Entries**
- The LSC must coordinate relay entries.
  - Determination of the swimmers composing the relays is at the discretion of the LSC.
- Disability Entries**      Disability Swimmers: Each LSC may enter unlimited swimmers with a disability age 14 and Under in any manner deemed appropriate who have achieved the qualifying standards for their age group/events. Entries for swimmers with a disability should be sent on separate entry form indicating preference for seeding.
- Entry Limits**
- A. Swimmers may enter no more than six (6) individual events of which no more than three (3) may occur on any given day.
  - B. Each LSC may enter two (2) relays per event.
  - C. No limit exists on the number of swimmers that an LSC may enter in an individual event.
- Entry Responsibility**
- A. The LSC coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee, or a Zone Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.
  - B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone and/or their designee.
- Entry Fees**
- \$10.00 per individual event.  
 \$16.00 per relay  
 \$1.00 per swimmer Central Zone surcharge + Host LSC Splash Fee
- Entry Deadline**
- A. Entries must be verified and submitted to the host entry chairperson electronically by 12:00 PM (noon) the Monday preceding the meet.
    - a. A \$200 fine for missing the entry deadline will be submitted to the host.
    - b. The completed Swimmers with a Disability Entry Form, Meet Staff Form, and PDF of the entry file must accompany the team entry file and be sent electronically.
    - c. Meet Entry chair must verify receipt of entries by email or follow-up phone call to the host entry chair.
  - B. Each LSC shall receive a team entry report and psych sheet including an exception report of the LSC team entries by 9 PM Monday preceding the meet.

- a. Any corrections to the original entries should be formatted in a new entry file and sent to the entry chair via email by 12 PM (noon) on Tuesday.
  - b. Justification of the exception report should be included in a word document or PDF file.
  - c. Entry fees are due before the start of the General Meeting.
  - d. No new swimmers may be added to LSC entries after the Tuesday deadline.
  - e. Any corrections or updates after Noon on Tuesday shall go to the eligibility jury.
- C. There will be no deck entries at this meet.

**Entry Procedures**

- A. The LSC must submit its entries as one team, using the LSC as the Club designation.
- a. All individual and relay entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted.
  - b. LSC entry chair shall verify times and eligibility of swimmers before submitting entries to host.
- B. Each LSC must identify on the official entry form the name of the LSC and the name, address, telephone number, and email of the person in charge of the entries for that LSC.
- C. Each LSC must submit the following for each athlete on their roster:
- a. First and last name
  - b. Age as of the first day of the meet
  - c. Complete USA Swimming registration number

**Eligibility Protests**

- Eligibility protests pertaining to the eligibility of any swimmer to compete or represent an organization shall be submitted to the Eligibility jury.
- Details on the process for an eligibility protest can be found in the Central Zone Policies and Procedures Manual.

**Divisions**

The competition shall be divided into two divisions:

1. D1 Able-bodied Swimmers
  2. D2 Swimmers with a Disability
- Divisions shall be seeded together in prelims but swum separately at finals.
  - D2 shall have A finals only in the same events as D1.
  - The Referee, in consultation with the swimmer and/or the swimmer's coach, shall have the authority to make special seeding accommodations during prelim and/or timed final events for D2.
  - The Meet Referee, Administrative Official, and Central Zone Championship Meet Coordinator, in consultation with the swimmer, and /or swimmer's coach,

will determine the placement and order of D2 events in Finals. This includes, but is not limited to, combining gender, age group, distance or event.

- Once entries have been closed and D2 entries have been identified, a conference call will be conducted by the Meet Referee, Administrative Official, and Central Zone Championship Meet Coordinator from each meet site to ensure consistency in format and procedure throughout the Central Zone 14 and Under Championship Meets.
- D2 events shall be scored.
- D2 events shall be included in the awards ceremony.
- Prior to all sessions of the meet, if deemed necessary for the safety of the D2 swimmers, a separate warm-up lane shall be designated for D2 swimmers.

**Seeding/Conduct**

A. Conduct

- a. Preliminary/Finals format except for the following events identified in the table below:
- b. In finals, the consolation heat shall precede the championship heat.
- c. Fly-over starts will be used for the prelim sessions. Fly-over starts will only be used in the 10U timed -final session if necessary because of timeline concerns and if agreed upon by the Meet Director, Meet Referee, and Championship Coordinator.

B. Seeding Order

- a. First – Conforming times (LCM)
- b. Second – non-conforming times (SCM then SCY)
- c. Third – Bonus and Invited Swimmers, seeded based upon time.

C. Relays

- a. 11-12 and 13-14 relays will be timed finals. All heats of a particular event will be swum in one session.
- b. 10 and Under relays will be swum as timed finals during their sessions.

D. Distance Events

<i>Distance</i>	<i>Age Group</i>	<i>Description</i>
1500 Free	11-12	Swum fastest to slowest, alternating gender Thursday evening.
1500 Free	13-14	Swum fastest to slowest, alternating gender Sunday following prelims.
800 Free	11-12 13-14	The top 8 of each age/gender shall swim in finals on Friday, with preliminary heats swimming fastest to slowest alternating by gender.
400 Free	11-12	Top 8 of each age/gender shall swim in finals on Saturday, with preliminary

		heats swimming fastest to slowest alternating by gender.
400 IM	11-12 13-14	Swum fastest to slowest, alternating gender Thursday evening.
200 strokes (back, breast, fly)	11-12	Top 8 of each age/gender shall swim in finals with preliminary heats swimming slowest to fastest.

## Scratches & Check-in

- A. Scratch Rules  
All individual events will conform to USA Swimming National Scratch Procedure Rules (207.11.6 A-E). There is no penalty for failure to compete in a timed final event. A coach or swimmer may declare a false start.
- B. Scratch Procedure  
This applies to all events including timed finals, preliminary, and relays. Please see section G below for additional information about scratches from finals events.
- a. Athletes or coaches must fill out a scratch slip
  - b. Clerk of Course/Admin Official must verify
  - c. Place slip in Scratch Box available:
    - i. At registration
    - ii. The General Meeting
    - iii. Throughout all meet sessions at the Admin Table
- C. Scratch Deadlines
- a. Scratch deadline for the first day's events shall be 15 minutes after the conclusion of the General Meeting.
  - b. Scratch deadline for the second day's events shall be 30 minutes after the start of the first day's evening session.
  - c. Scratch deadline for the third day's events shall be 30 minutes after the start of the second days evening session.
  - d. Scratch deadline for the fourth day's events shall be 30 minutes after the start of the third day's evening session.
- D. Positive Check-in  
Entrants in the 800 and 1500 free must check in and confirm their intent to compete prior to the scratch deadline in order to be seeded. Entrants in the 800 shall declare at check-in their desire for an early swim by clearly marking AM on the check-in sheet next to their name.
- E. Relay Check-in  
Teams shall check in relays and confirm their intention to compete prior to the scratch deadline for the day of the meet in which the relay is scheduled in order to be seeded.
- F. Relay cards  
Relay cards designating the swimmers' names shall be submitted to the meet management on the day of the relay. Names and order of swimmers may be

changed up to the time of the swim. Only coaches may make changes to the relays.

- G. Scratching from Finals
  - a. USA Swimming National Scratch Procedure Guidelines (207.11.6D) will be followed.
  - b. LSCs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 penalty per swim unless excused under the Exemptions for Failure to Compete section within the USA Swimming Rulebook.
    - i. All funds shall remain with the meet host.
    - ii. Failure on the part of the LSC to pay imposed penalties shall result in that LSC being barred from future zone championships until such time as the penalty(ies) are resolved.

**Scoring**

Individual Events

20, 17, 16, 15, 14, 13, 12 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay Events

40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

**Results**

- A. Results will be posted and announced.
- B. Relay lead-off splits and initial splits
  - a. All valid lead-off splits from relays will be uploaded to SWIMS.
  - b. All requests for initial splits from **an** individual event must be made to the Meet Referee and Admin Referee for approval using the required Request Form.
  - c. All requests for initial splits not made at the meet shall be directed to the attention of the Meet Referee and the Admin Official for processing. The local LSC Times Officer will be responsible for adding any updates.

**Finals, Finals Ready Area, and Swimmer Introductions**

- A. Swimmers in the 11-12 and 13-14 championship finals shall report to the ready area. Names shall be announced prior to the race.
- B. Swimmers in the consolation heat shall report behind the blocks. Names shall be announced during the heat.
- C. All 10&U swimmers shall report directly to their assigned lanes. Swimmers in the fastest heat shall have their names announced prior to the race; all others will be announced during the swim.

**Awards:**

- A. Individual Events
  - 1 – 8 place medals with neck ribbons
  - 9 – 16 place ribbons



- B. Relay Events
  - 1 – 3 place medals with neck ribbons
  - 4 – 8 place ribbons
- C. High Point Award
  - 1 – 3 for each age group and each competition category
- D. Team Awards
  - 1 – 3 combined points

**Credentials &  
Deck Passes**

- A. Deck Passes/Credentials for LSC coaches and team managers will be issued to the representative of each LSC according to the list submitted with the entry form, not to exceed one (1) per ten (10) swimmers, with a minimum of five (5) passes. USA Swimming registration must be valid at check-in to receive a deck pass. USA Swimming app is acceptable.
- B. Each athlete, coach, official, and volunteer will be issued a meet credential.
- C. Credentials must be displayed at all times while in the venue.

**Complimentary  
General  
Admission  
Tickets**

Each LSC will receive six (6) complimentary admission tickets and programs per session. These are not deck passes or hospitality passes, strictly an admission pass.

**Meet Program /  
Finals Results**

Will be available via the host team’s website. Printed programs and results will be available at the host team’s discretion.

**General Meeting**

A General Meeting will be scheduled for the Tuesday evening prior to the meet via Zoom. The Link will be provided to the LSC contact before the meeting. Meet procedures and meet information will be discussed.

- At least one representative from each LSC must be present for this meeting.
- Members of the Technical and Eligibility Jury will be identified.
- No deviation from the published Meet Information may occur without unanimous agreement by all designated LSC representatives.
- Warm-up lanes and times will be assigned at this meeting. Procedures will be distributed.

**Officials’  
Meeting**

This meet is an Officials Qualifying Meet (OQM).

An officials’ meeting will convene one hour prior to the start of each session.

**Volunteers**

Timers and Officials from visiting LSCs are encouraged and welcomed. Please check site-specific meet information for ways to sign up.

**Completion  
Checklist**

- A. Enter qualified swimmers.
- B. Fill open events with eligible invited swimmers.
- C. Select bonus events for qualified swimmers who have not met 3 individual qualified events. Mark these as “bonus.”
- D. Save as a PDF, organized as event list (not by athlete), to submit along with the entry file.
- E. Identify athletes eligible for disability participation. These athletes will compete under their own event number.

See also FAQ document for common entry questions.

## Event List by Session

<b>Thursday Evening Timed Finals – Session 1</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	Mixed 11-12 200 MR	1
2	Mixed 13-14 200 MR	2
3	11-12 400 IM	4
5	13-14 400 IM	6
7	11-12 1500 Free	8

<b>Friday Morning 11-14 Prelims – Session 2</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
13	11-12 200 IM	14
15	13-14 200 IM	16
17	11-12 50 Back	18
19	13-14 50 Back	20
25	11-12 100 Breast	26
27	13-14 100 Breast	28
29	11-12 100 Free	30
31	13-14 200 Free	32
33	11-12 200 Fly	34
35	13-14 100 Fly	36
21	11-12 800 Free	22
23	13-14 800 Free	24

<b>Friday Midday 10U Timed Finals – Session 3</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
37	50 Back	38
39	50 Breast	40
<i>Awards: 50 Back, 50 Breast</i>		
41	100 Free	42
43	50 Fly	44
<i>Awards: 100 Free, 50 Fly</i>		
45	400 Free	46
47	200 Free Relay	48

<b>Friday Evening 11-14 Finals – Session 4</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
9	11-12 200 Free Relay	10
11	13-14 200 Free Relay	12
<i>Awards: Thursday Events, 200 Free Relays</i>		
13	11-12 200 IM	14
15	13-14 200 IM	16
17	11-12 50 Back	18
19	13-14 50 Back	20
21	11-12 800 Free	22
23	13-14 800 Free	24
<i>Awards: 200 IM, 50 Back, 800 Free</i>		
25	11-12 100 Breast	26
27	13-14 100 Breast	28
29	11-12 100 Free	30
31	13-14 200 Free	32
<i>Awards: 100 Breast, 100 &amp; 200 Free</i>		
33	11-12 200 Fly	34
35	13-14 100 Fly	36

<b>Saturday Morning 11-14 Prelims – Session 5</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
49	11-12 400 Medley Relay	50
51	13-14 400 Medley Relay	52
53	11-12 50 Fly	54
55	13-14 50 Fly	56
57	11-12 200 Breast	58
59	13-14 200 Breast	60
61	11-12 50 Free	62
63	13-14 50 Free	64
65	11-12 100 Back	66
67	13-14 100 Back	68
69	11-12 400 Free	70
71	13-14 400 Free	72

<b>Saturday Midday 10U Timed Finals – Session 6</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
77	200 Medley Relay	78
<i>Awards: 400 Free, 200 Medley &amp; Free Relays</i>		
79	50 Free	80
81	200 IM	82
<i>Awards: 50 Free, 200 IM</i>		
83	100 Back	84
85	200 Free	86
<i>Awards: 100 Back, 200 Free</i>		
87	100 Breast	88
89	100 Fly	90
<i>Awards: 100 Breast, 100 Fly, 10U Hi Pt</i>		

<b>Saturday Evening 11-14 Finals – Session 7</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
73	11-12 200 Medley Relay	74
75	13-14 200 Medley Relay	76
<i>Awards: 100 &amp; 200 Fly, 400 &amp; 200 Med Relays</i>		
53	11-12 50 Fly	54
55	13-14 50 Fly	56
57	11-12 200 Breast	58
59	13-14 200 Breast	60
61	11-12 50 Free	62
63	13-14 50 Free	64
<i>Awards: 50 Fly, 200 Breast, 50 Free</i>		
65	11-12 100 Back	66
67	13-14 100 Back	68
69	11-12 400 Free	70
71	13-14 400 Free	72
<i>Awards: 100 Back, 400 Free</i>		

<b>Sunday Morning 11-14 Prelims – Session 8</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
91	11-12 400 Free Relay	92
93	13-14 400 Free Relay	94
95	11-12 100 Fly	96
97	13-14 200 Fly	98
99	11-12 200 Back	100
101	13-14 200 Back	102
103	11-12 50 Breast	104
105	13-14 50 Breast	106
107	11-12 200 Free	108
109	13-14 100 Free	110

<b>Sunday Midday Timed Finals – Session 9</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
111	13-14 1500 Free	112
<i>Awards: 1500 Free</i>		

<b>Sunday Evening 11-14 Finals – Session 10</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
95	11-12 100 Fly	96
97	13-14 200 Fly	98
<i>Awards: 400 Fr Relays, 100 &amp; 200 Fly</i>		
99	11-12 200 Back	100
101	13-14 200 Back	102
<i>Awards: 200 Back</i>		
103	11-12 50 Breast	104
105	13-14 50 Breast	106
107	11-12 200 Free	108
109	13-14 100 Free	110
<i>Awards: 50 Breast, 100 &amp; 200 Free</i>		
<i>Awards: 11-12, 13-14 Hi Points and Team</i>		