

Southern Zone Eastern Section Age Group Championships
March 12-15, 2009



SANCTION: Held under the sanction of USA Swimming issued by North Carolina, Inc.
Sanction # NC09043

HOST: SwimMAC Carolina in cooperation with the Mecklenburg County Aquatic Center

FACILITIES: Mecklenburg County Aquatic Center
800 East Martin Luther King Jr. Boulevard
Charlotte, NC 28202-2874
(704) 336-3483
The competition pool is a 50-meter pool divided by 2 bulkheads for use of two 8-lane 25 yd pools. The pool has non-turbulent lane lines and Paragon starting blocks. Minimum depth is 6 feet at the scoreboard end and 13 feet at the diving board end. The facility has seating to accommodate 1000 spectators. There are ample parking areas within 100 yards of the facility. Colorado 5000 electronic timing system with scoreboard will be used.

TIME SCHEDULE

	<u>Warm Up</u>	<u>Meet Start</u>
Thursday Timed Final	4:00 PM	5:30 PM
Fri/Sat/Sun Prelims (11 & Over)	7:00 AM	8:30 AM
Fri/Sat/Sun Timed Finals (10 & Under)	1:00 PM	1:45 PM
Fri/Sat Finals	4:30 PM	5:30 PM
Sun Finals	4:00 PM	5:00 PM

ELIGIBILITY: Open to members of the Eastern Section of the Southern Zone, its clubs and swimmers registered with USA Swimming, that are in good standing with the Eastern Section. All USA Swimming registered clubs in the following LSC's are eligible to become members of the Eastern Section: Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Southeastern, and West Virginia.

RULES: The current USA Swimming Rules will govern the conduct of the meet unless noted otherwise herein. Out-of-State teams should be prepared to submit proof of current USA Swimming membership of each swimmer entered. A swimmer not previously entered wishing to late enter the meet via deck entry must present proof of USA Swimming membership.

TIME STANDARDS: All swimmers must have met the meet time standards for either short course or long course in EACH event entered. **Swimmers entering with a long course**

PROOF OF TIME: Swimmers who do not equal or better the applicable Southern Zone Eastern Section Age Group Championship time standards in any event at the championship meet must be able to prove that they have previously achieved the qualifying time. Swimmers unable to provide proof-of-time will be assessed a \$25 fine for each event they cannot prove. Proof of times is due by May 1, 2009. Fines are doubled to \$50 per occurrence regardless of provability after May 1, 2009. The only acceptable proof-of-time will be official meet results from a USA Swimming sanctioned approved competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Southern Zone Eastern Section Championships until such time as the fee is paid. Come prepared to pay outstanding fines before your team can participate in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the Southern Zone Eastern Section Travel Fund.

FORMAT: All events with the exception of distance events, will be run in the main competition pool. All distance events (400 IM, 500, 1000, 1650 Free) may be run in two pools. All **10 & under** age group events will be conducted as timed finals and swum in the afternoon each day. All **11-12** events with the exception of the 200 Back, 200 Breast, 200 Fly, 400 IM, and 500, 1000, 1650 Freestyle events are prelim/finals format. The 200 Back, 200 Breast, and 200 Fly for 11-12 Girls and Boys will be deck-seeded with a positive check-in required and timed finals with the fastest heat of girls and boys swimming at night. All events in the **13-14** age groups will be prelim/final events with the exception of the 1000 and 1650 Freestyle events as described below. All relays will be conducted as timed final events and will be swum in the prelim sessions. There will be an A Final and B Final for all prelim/final events.

500 Free: The 10 & under 500 Free will be swum fastest to slowest alternating girls and boys. The 11-12 events will be timed finals swum fastest to slowest during prelims, except for the fastest heat of girls and boys who will swim during finals. The 13-14 events will be conducted as a prelim/finals events. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, the fastest four heats of boys swimming slow to fast, then all remaining heats. The Meet Referee will determine which pool each event is held based on the entries. All 500 Free events will be deck-seeded after positive check-in.

400 IM: All heats of the 11-12 400 IM will be contested as timed finals events on Thursday evening, fastest to slowest. The 13-14 events will be conducted as prelim/finals events. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, then the fastest four heats of boys swimming slow to fast. All remaining heats will be swum fast to slow. The Meet Referee will determine which pool each event is held based on entries. All 400 IM events will be deck-seeded after positive check-in.

1000 Free: These events will be swum as 11-14, timed final events. All heats will be contested during the Thursday evening session. They will be swum fastest to slowest. These events will be scored 11-12 and 13-14. The Meet

2009 Southern Section Age Group Time Standards

10 & Under Girls			10 & Under Boys		
Long Course	Short Course	Events	Short Course	Long Course	
35.09	31.09	50 Free	30.69	34.79	
1:18.19	1:09.09	100 Free	1:07.69		1:16.79
2:48.69	2:29.09	200 Free	2:25.59		2:43.39
5:49.39	6:31.39	400/500 Free	6:36.19		5:53.59
40.69	36.39	50 Back	36.69		41.39
1:28.19	1:18.29	100 Back	1:18.09		1:27.89
45.49	40.09	50 Breast	40.59		46.09
1:39.79	1:28.89	100 Breast	1:28.99		1:40.79
39.89	35.29	50 Fly	34.89		38.99
1:31.99	1:21.59	100 Fly	1:20.79		1:31.09
--	1:19.29	100 IM	1:18.09		--
3:09.89	2:48.19	200 IM	2:47.69		3:09.39

11/12 Girls			11/12 Boys		
Long Course	Short Course	Events	Short Course	Long Course	
31.49	27.59	50 Free	27.49		31.49
1:08.09	59.89	100 Free	59.99		1:08.19
2:27.79	2:10.19	200 Free	2:09.99		2:27.49
5:07.09	5:43.99	400/500 Free	5:45.69		5:08.59
10:53.59	12:12.29	800/1000 Free	*12:34.89		*11:15.09
21:52.89	21:27.09	1500/1650 Free	21:20.39		22:05.99
35.89	31.79	50 Back	32.09		36.29
1:17.79	1:08.99	100 Back	1:09.49		1:18.39
*2:49.69	*2:29.19	200 Back	*2:29.69		*2:50.19
41.19	36.19	50 Breast	35.79		40.79
1:28.99	1:18.29	100 Breast	1:17.69		1:28.29
*3:14.69	*2:51.19	200 Breast	2:49.39		3:12.09
34.69	30.59	50 Fly	30.89		34.99
1:17.99	1:08.99	100 Fly	1:08.99		1:17.99
2:57.99	2:37.79	200 Fly	2:34.99		2:55.29
--	1:08.69	100 IM	1:09.19		--
2:46.79	2:27.69	200 IM	2:29.79		2:49.49
*5:48.29	*5:11.89	400 IM	5:23.69		6:12.39

13/14 Girls			13/14 Boys		
Long Course	Short Course	Events	Short Course	Long Course	
*29.39	26.39	50 Free	*24.69		28.59
1:04.99	*56.89	100 Free	*53.49		1:01.59
*2:19.89	*2:02.59	200 Free	1:56.89		2:12.99
*4:47.89	*5:24.99	400/500 Free	*5:12.09		4:38.89
10:02.89	11:15.49	800/1000 Free	10:48.49		9:38.79
19:24.49	19:01.59	1500/1650 Free	18:26.99		18:49.19
--	--	50 Back	--		--
1:13.69	*1:04.59	100 Back	*1:01.69		1:10.19
*2:37.69	*2:18.69	200 Back	*2:12.99		2:31.09
--	--	50 Breast	--		--
*1:24.59	*1:13.99	100 Breast	1:09.29		1:18.99
*3:02.09	*2:40.09	200 Breast	2:29.79		2:50.29
--	--	50 Fly	--		--
*1:11.49	*1:03.59	100 Fly	*1:00.69		*1:08.59
2:41.09	2:22.39	200 Fly	2:16.39		2:34.19
--	--	100 IM	--		--
*2:38.09	*2:19.49	200 IM	*2:12.89		2:31.29
*5:26.49	*4:52.39	400 IM	4:40.69		5:17.99

Notes:

1. 1. (*) indicates change due to yearly review of results. All conversions from SCY to LCM are calculated using USA Swimming conversion chart.

Order of Events
2009 Southern Zone Eastern Age-Group Championships
March 12-15, 2009

Thursday, March 12, 2009 – Warm-up: 4:00 pm Start: 5:30 pm

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	11-12 400 IM ¹	2
3	11-12 1000 Free ²	4
	13-14 1000 Free ²	

¹Deck Seeded Event. Positive Check-In Required. ²These events are run as 11-14 events but scored out as 11-12 and 13-14. They are listed separately for the purpose of displaying the qualifying standard.

Friday Morning, March 13, 2009 – Warm-up: 7:00 am Start: 8:30 am

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
7	11-12 200 Free	8
9	13-14 200 Free	10
13	11-12 100 Breast	14
15	13-14 100 Breast	16
19	11-12 50 Fly	20
21	13-14 100 Fly	22
25	11-12 100 IM	26
27	13-14 400 IM ¹	28
29	11-12 200 Back ¹	30
31	13-14 400 Free Relay	32
33	11-12 200 Free Relay	34

¹Deck Seeded Event. Positive Check-In Required.

Friday Evening, March 13, 2009 – Warm-up: 4:30 pm Start: 5:30 pm

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
7	11-12 200 Free	8
9	13-14 200 Free	10
13	11-12 100 Breast	14
15	13-14 100 Breast	16
19	11-12 50 Fly	20
21	13-14 100 Fly	22
25	11-12 100 IM	26
27	13-14 400 IM	28
29	11-12 200 Back	30

Saturday Morning, March 14, 2009 – Warm-up: 7:00 am Start: 8:30 am

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
37	11-12 100 Fly	38
39	13-14 200 Fly	40
43	11-12 100 Free	44
45	13-14 50 Free	46
47	11-12 50 Breast	48
49	13-14 200 Breast	50
53	11-12 50 Back	54

55	13-14 100 Back	56
59	11-12 500 Free ¹	60
61	13-14 500 Free ¹	62
65	11-12 200 Medley Relay	66
67	13-14 400 Medley Relay	68

¹Deck Seeded Event. Positive Check-In Required.

Saturday Evening, March 14, 2009 – Warm-up: 4:30 pm Start: 5:30 pm

<u>GIRLS</u>		<u>EVENT</u>		<u>BOYS</u>
37	FINALS	11-12 100 Fly	FINALS	38
39	FINALS	13-14 200 Fly	FINALS	40
43	FINALS	11-12 100 Free	FINALS	44
45	FINALS	13-14 50 Free	FINALS	46
47	FINALS	11-12 50 Breast	FINALS	48
49	FINALS	13-14 200 Breast	FINALS	50
53	FINALS	11-12 50 Back	FINALS	54
55	FINALS	13-14 100 Back	FINALS	56
59	FASTEST HEAT	11-12 500 Free	FASTEST HEAT	60
61	FINALS	13-14 500 Free	FINALS	62

Sunday Morning, March 15, 2009 – Warm-up: 7:00 am Start: 8:30 am

<u>GIRLS</u>		<u>EVENT</u>		<u>BOYS</u>
69		11-12 200 Fly ¹		70
71		13-14 100 Free		72
75		11-12 50 Free		76
80		11-12 200 Breast ¹		81
82		13-14 200 Back		83
86		11-12 100 Back		87
91		13-14 200 IM		92
93		11-12 200 IM		94
77		11-12 1650 Free ^{1,2}		88
		13-14 1650 Free		

¹Deck Seeded Event. Positive Check-In Required. ²These events are run as an 11-14 event but scored out at 11-12 and 13-14. They are listed separately for the purpose of displaying the qualifying standard.

Sunday Evening, March 15, 2009 – Warm-up: 4:00 pm Start: 5:00 pm

<u>GIRLS</u>		<u>EVENT</u>		<u>BOYS</u>
69	FASTEST HEAT	11-12 200 Fly	FASTEST HEAT	70
71	FINALS	13-14 100 Free	FINALS	72
75	FINALS	11-12 50 Free	FINALS	76
77	FASTEST HEAT	11-14 1650 Free*		
80	FASTEST HEAT	11-12 200 Breast	FASTEST HEAT	81
82	FINALS	13-14 200 Back	FINALS	83
86	FINALS	11-12 100 Back	FINALS	87
		11-14 1650 Free	FASTEST HEAT	88
91	FINALS	13-14 200 IM	FINALS	92
93	FINALS	11-12 200 IM	FINALS	94

Order of Events
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Friday Afternoon, March 13, 2009 – Warm-up: 1:00 pm Start: 1:45 pm

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
5	10 & Under 200 Free	6
11	10 & Under 100 Breast	12
17	10 & Under 50 Fly	18
23	10 & Under 100 IM	24

Saturday Afternoon, March 14, 2009 – Warm-up: 1:00 pm Start: 1:45 pm

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
35	10 & Under 100 Fly	36
41	10 & Under 100 Free	42
51	10 & Under 50 Back	52
57	10 & Under 500 Free ¹	58
63	10 & Under 200 Medley Relay	64

¹Deck Seeded Event. Positive Check-In Required.

Sunday Afternoon, March 15, 2009 – Warm-up: 1:00 pm Start: 1:45 pm

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
73	10 & Under 50 Free	74
78	10 & Under 50 Breast	79
84	10 & Under 100 Back	85
89	10 & Under 200 IM	90
95	10 & Under 200 Free Relay	96