



14 & Under Central Zone Age Group Championship

Pleasant Prairie RecPlex
Pleasant Prairie, Wisconsin 53158
August 3-5, 2012



**Meet entries may only be submitted by the LSC attending the meet.
Separate entries from individuals or clubs will not be accepted.**

- SANCTION:** Sanctioned by Wisconsin Swimming, on behalf of USA Swimming.
Sanction Number **WI2012-240S** for Pool Events
- RULES:** Current USA Swimming rules will govern the Meet. Participating athletes must be ages 14 & Under, registered with USA Swimming in one of the participating LSCs, and have achieved qualifying times as described in the Eligibility section of this document.
- PARTICIPATING LSCs:** Illinois, Iowa, Michigan, Minnesota, North Dakota, South Dakota and Wisconsin.
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee, Travel Wisconsin and Kenosha Area Convention and Visitors Bureau.
- HOSTED BY:** Wisconsin LSC and Pleasant Prairie Patriots (PX3).
- MEET DIRECTORS:** Dennis DuChene
Pleasant Prairie RecPlex
9900 Terwall Terrace
Pleasant Prairie, Wisconsin 53158
Dadii68@gmail.com or dduchene@kenoshacvb.com
262-620-3066
- OFFICIALS:** Meet Referee: George Geanon, 262-691-0232, gdgeanon@gmail.com
Administrative Referee: Robert Welch, 630-661-3255, rjwelch@sbcglobal.net
- MEET SITE:** Pleasant Prairie RecPlex
9900 Terwall Terrace
Pleasant Prairie, Wisconsin 53158
262-947-0437
www.recplexonline.com
www.patriot-swimming.com
- FACILITY:**
- A. **Competition Pool:** Ten (10) lane, 50 meter indoor pool with Spectrum racing lanes (7'4" wide) and starting blocks (29.5" above the water) at both end of the pool. Minimum start end depth is 7'. The minimum water depth, measured in accordance with Article 103.2.3, is a slope to 12 feet at the start end, slope from 12 feet to 4.5 feet with a slope back to 7 feet in middle and 7 feet at the turn end. Colorado System 6 timing equipment, touch pads and back-up buttons with back-up watches and video board. The Competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Locker rooms are available with a total of 199 lockers. Deck seating for up to 500 is available. Seating will also be available outdoors and in the Field House. Concessions are offered in two (2) locations. Free Wi-Fi is also available in the RecPlex.
 - B. **Warm-up/down Pool:** 25Y pool adjacent to competition pool with a minimum of 2 lanes and a maximum of 4 lanes being available for the entirety of the competition period. No diving is allowed in this area. (Only available during competition, not during warm-ups)



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- C. Spectator seating in the balcony for up to 650 people. Seating will also be available outdoors and in the Field House.
- D. There are two (2) concessions areas available that offer a wide array of food and beverage options.
- E. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

MEET SCHEDULE:

Wisconsin Observes Central Daylight Time

A. Age Groups 11-12 and 13-14:

- **Prelims** for 11-12 and 13-14: Warm-up 7 a.m.-8:30 a.m., Start 8:40 am
- **Finals** Friday, Saturday, Sunday: Warm-up 4 p.m.-4:50pm, Start 5 p.m.
- **Warm-ups** may be split for the preliminary sessions. (If split, each warm-up session shall be a minimum of 40 minutes.)
- **Warm-up for finals** will start as indicated or at conclusion of 10 and under session.
- **Finals** will start one hour after the start of warm-up.

B. Age Group 10-U:

- **Timed finals:** Warm-up at the conclusion of the a.m. session
- **Meet Start:** one hour later.
- **Warm-ups** for 10 and under events may be split.
- Note: Start times for the 10 & under sessions will be posted on the CZ website by 6:00 p.m. Wednesday August 1, 2012 and at the venue

C. At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.

TEAM REGISTRATION:

- A. Registration will be held at: Pleasant Prairie RecPlex, Pollocoff Fieldhouse, Thursday August 2, 2012, from 1 p.m. to 6 p.m.
- B. All teams should schedule their arrival to register during these hours.
- C. Note: This registration period is for team managers/coaches only; swimmers do not need to register individually with the meet host.
- D. LSCs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue.

SAFETY/WARM-UP PROCEDURES:

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

LSC REPRESENTATIVE:

- A. 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.
- B. These designated persons must be identified to the Meet Director either with the meet entries or at the General Meeting on the Thursday August 2, 2012 prior to the start of the Meet.

ATHLETE CONDUCT:

- A. CODE OF CONDUCT and MEDICAL RELEASE sample forms are included the meet packet. If the LSC does not have its own form(s), these may be duplicated and signed by each athlete and his/her parent(s).



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- B. Each LSC's representative must have these documents available to the host at all times.
- C. The Code of Conduct will be enforced.

ELIGIBILITY:

- A. **Membership:** All athletes must be regular (not seasonal) USA Swimming members with the LSC they represent and be age 14 or under.
- B. **Swimmer's Age:** Age of swimmer for pool competition shall be as of August 3, 2012
- 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. 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. USA Swimming member athletes must be under the supervision of a USA Swimming member coach during warm up, competition and warm down.
- D. **Qualifying Time/Eligibility:**
 - Swimmers must have achieved a National AAA time (LCM, SCM, SCY) between August 5, 2011 and July 30th, 2012.
 - 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 short course yards (SCY) or short course meters (SCM).
 - Swimmers who achieve individual event cuts for the following meets prior to their respective assigned Zone Championship entry deadline shall not be eligible to compete in that particular stroke and distance, including relay events.
 - 1) Short Course National Championships
 - 2) Summer National Championships
 - 3) Summer US Open
 - 4) Summer Junior National Championships
 - Each LSC may enter two (2) 10 & under, two (2) 11-12 and two (2) 13-14 swimmers with a disability who are not required to have achieved the qualifying time standards for their age groups/events.
 - If the LSC has no qualifiers or fewer than two (2) qualifiers in an event, the LSC may enter up to two (2) swimmers maximum in that event. The non-qualifying entries shall be entered at no time (NT). These entries must be submitted with the original entry.

RELAY ENTRIES:

- A. The LSC must coordinate relay entries.
- B. Determination of the swimmers composing the relays is at the discretion of the LSC.
- C. List **relay-only** swimmers on the **appropriate form** and submit with entries.

ENTRY LIMITS:

- A. Swimmers may enter no more than six (6) individual events (excluding the Open Water event) of which no more than three (3) may occur on any given day.
- C. Each LSC may enter two (2) relays per relay event.
- D. No limit exists on the number of swimmers that an LSC may enter in an individual event.



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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 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, their designee, and/or a Board of Review.

ENTRY FEES:

\$6.00 per individual pool event

\$12.00 per relay

\$1.00 per swimmer Central Zone surcharge

Make check payable to: Pleasant Prairie RecPlex

ENTRY CHAIRMAN:

Send entries to: Jeanne Drzewiecki

Email: NSSwimming@aol.com

Phone: 414-530-6292

REGULAR MAIL: 4121 West Martin Drive - Unit 201, Milwaukee, WI 53208

EXPRESS MAIL: 2514 South 102nd Street, Suite 120, West Allis, WI 53227

ENTRY DEADLINE:

- A. Entries (both pool and open water) must be submitted to the host entry chairperson electronically by Tuesday Noon, July 31, 2012.
- The documents of the pool and open water entries and other meet information including the completed Swimmers with a Disability Entry Form, Meet Staff Form and Relay-only Entry Form must accompany the team entry file and be sent electronically.
 - It is the responsibility of each LSC to verify entry times, receipt and readability of any entries, and submission of entry by Noon Tuesday.
 - 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 including an exception report of the LSC team entries via e-mail by 6 p.m. Tuesday preceding the meet.
- Any corrections to the original entries should be formatted in a new entry file and sent to the entry chair via email by **Noon** on Wednesday August 1, 2012.
 - Justification of the exception report should be included in a word document or PDF file.
 - Entry fees are due before the start of the General Meeting.
 - No new swimmers may be added to LSC entries after the Wednesday Noon deadline.
 - Any corrections or updates after Noon on Wednesday shall go to the eligibility jury.
- C. **There will be no deck entries at this meet.**



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- ENTRY PROCEDURES:**
- A. The LSC must submit its Pool and Open Water entries as one team, using the LSC as the club designation.
 - All individual and relay entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted.
 - 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 and telephone number, and email of the person in charge of entries for that LSC.
 - C. Each swimmer entry must include first and last name; age as of the first day of the Meet; and complete USA Swimming registration number. For relay only swimmers, the Relay-Only Swimmer Entry Form must be included with the entry.
 - D. Entries for swimmers with a disability should be sent on separate entry form indicating preference for seeding.

- ELIGIBILITY PROTESTS:**
- A. Eligibility protests pertaining to the eligibility of any swimmer to compete or to represent an organization shall be submitted to the Eligibility Jury.
 - The Eligibility Jury will be appointed by the Meet Referee and consist of an athlete, a coach, and an official
 - All protests made prior to or during the championship shall be submitted to the Eligibility Jury on a form prescribed by the Zone and accompanied by a \$50 fee, which shall be returned if the protest is upheld. The \$50 fee shall not be required for protests submitted by the Meet Referee or the host LSC Entry Chairperson(s).
 - Protests shall be heard by the jury, and, if possible, decisions rendered before the start of events on the day in which the protested swimmer competes, but no later than the last night of the championships. The opportunity to be heard shall be given to both the party lodging the protest and the party or parties charged.
 - Until the Eligibility Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.
 - The decision of the jury may be appealed by either party to the National Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.

- SEEDING/CONDUCT:**
- A: **Conduct:**
 - 11-12 and 13-14 – Preliminary/Finals format except for the following:
 - 400 IM, 800, 1500 Free for the 13-14 (fastest heat in finals)
 - 400 Free, and 200s of stroke (back, breast, butterfly) for the 11-12 with fastest heat of each swum in finals
 - All Relays which will be timed finals.
 - In finals, the consolation heat shall precede the championship heat.



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- Fly-over starts will be used for the prelim sessions. Fly-over starts will only be used in the afternoon 10 & Under sessions if necessary because of timeline concerns and if agreed upon by the meet director, meet referee, and championship coordinator.
- 10 & Under – Timed Finals.

B: Seeding Order:

- First – Conforming times (LCM)
- Second – Non-conforming times (SCM then SCY)
- Third – Non-qualifying times (NT)

C. Distance Events:

- The 13-14 400 IM, 800 and 1500 Free shall be timed finals with the fastest seeded heat of girls and fastest seeded heat of boys swimming in finals.
- All other 400 IM, 800 and 1500 Frees shall be swum in the preliminary session, swimming fastest to slowest, alternating girls and boys.
- The 11-12 400 Free shall be timed finals with the fastest seeded heat of girls and fastest seeded heat of boys swimming in finals. All other heats will be swum fastest to slowest in the preliminary session in event order.
- The 11-12 200s of stroke (back, breast, butterfly) shall be timed finals with the fastest seeded heat of girls and fastest seeded heat of boys swimming in finals. All other 200s of stroke for the 11-12 heats shall be swum in the preliminary session, swimming slowest to fastest in event order.

D. Relays:

- 11-12 and 13-14 relays will be timed finals, 200s will be swum during the finals on Friday and Saturday and the 400s in the preliminary session on Saturday and Sunday.
- 10 and Under relays will be timed finals, swum during the afternoon sessions.

SCRATCHES/ CHECK-IN:

- Scratch Rules:** All individual events will conform to USA Swimming National Scratch Procedure Rules (207.12.6 A-E). There is no penalty for failure to compete in a timed final event. A coach or a swimmer may declare a false start.
- Scratch Deadline:** A scratch box will be available at registration, the General Meeting, and throughout all meet sessions. All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed final, preliminary and relays.
 - Scratch deadline for Friday events shall be 15 minutes after the conclusion of the General Meeting.
 - Scratch deadline for Saturday events shall be 30 minutes after the start of Friday evening finals session.
 - Scratch deadline for Sunday events shall be 30 minutes after the start of Saturday evening finals session.
- Positive Check-in:** Entrants in the 800 and 1500 free must check in and confirm their intention to compete prior to the scratch deadline for that day's events in order to be seeded.



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- D. **Relay cards** designating the swimmers' names shall be submitted to 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 11-12 and 10 & Under relays.
- E. **Scratching from Finals.**
- USA Swimming National Scratch Procedure Guidelines (207.12.6 D) will be followed.
 - LSCs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 penalty per swim.
 - All scratch penalty funds shall remain with the meet host.
 - Failure on the part of the LSC to pay imposed penalties shall result in barring from future zone championships.

SCORING:

- A. Individual Pool events:
20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
- B. Relay events:
40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

RESULTS:

- Results will be posted and announced.
- Results will be posted in the glass hallway just outside the Aqua Arena, Live results will be available at www.patriot-Swimming.com, Final results will be available at www.patriot-Swimming.com and at www.CentralZones.org

FINALS, READY AREA AND SWIMMER INTRODUCTIONS:

- A. Swimmers in the 11-12 and 13-14 championship finals shall report to the ready room located on pool deck prior to the start of the championship Final of the previous event.
- Finalists will be paraded to the blocks from the ready area.
 - Championship Finals swimmers' names shall be announced prior to the start of the race while swimmers are behind the blocks.
 - Consolation heat must report behind the starting blocks prior to their heat.
 - Consolation Finals swimmers' names shall be announced while the swimmers are competing in water.
- B. All 10 & U swimmers shall report directly to their assigned lanes.
- Swimmers' names will be announced prior to the start of the race while swimmers are behind the blocks.

AWARDS:

- A. Individual Pool events: 1-8 place: medals with neck ribbon; 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 boys and girls in each age group for pool events only.
- D. Team Awards: 1-3 combined points.
- F. Awards ceremony:
- 10 and under: Will be awarded at the end of each stroke series.
 - 11 – 14: Will be presented at the end of each stroke series.

DECK PASSES:

- A. Deck Passes 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 credentials must be shown at check-in to receive credentials.
- B. Deck Passes (credentials) must be displayed at all times.



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GENERAL ADMISSION TICKETS:

- A. 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. A suggested use would be for “club” coaches who are not part of the LSC Zone Team.
- B. Cost for General Admission is \$6 Daily (includes all three sessions). All session pass for \$30 (includes all heat sheets). Finals only \$4. Children 12 and under are free.
- C. Cost for parking is \$5 per day. Free parking available within walking distance.

MEET PROGRAM/FINAL RESULTS:

- \$10.00 meet program
- \$4.00 daily heat sheets.
- \$1.00 Finals Heat Sheets each Session.
- \$10.00 Final Results, paper copy or disk.

GENERAL MEETING:

A pre-meet General Meeting is scheduled for Thursday, August 2, 2012, at 6:45 p.m., at RecPlex Aqua Arena in the Dolphin & Orca rooms for all coaches and LSC representatives.

- 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 Jury 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:

This meet will be an Officials Qualifying Meet (OQM) under the National Officials Certification Program.

- See the Central Zone website (www.centralzones.org) for the Application to Officiate and the Officials Qualifying Application. Please submit the application to Steve Potter, Assistant Central Zone Officials' Chair spotter.usaswimming@yahoo.com.
- N2, N3 initial and N3 final evaluations if applicable will be available for eligible officials. Please see the USA Swimming website Volunteers/Officials/Certification section to view the latest procedures regarding evaluation and certification.
- Mandatory Officials' Briefing Sessions are one (1) hour prior to the start of each session and will cover stroke rules, assignments of officials, jurisdiction etc. All officials must be present for the briefings.
- Uniform for officials is white collared shirt, blue shorts, pants or skirts (prelims) and blue pants or skirts (finals), with white shoes..
- Meet Referee - George Geanon, 262-691-0232, gdgeanon@gmail.com

VOLUNTEERS:

Timers and officials from visiting LSCs are encouraged and welcome.

- Please indicate the names of interested persons when entries are submitted or identify volunteers at the meet.

REFRESHMENTS:

Pleasant Prairie RecPlex will have concessions available during all sessions of the meet.



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THURSDAY

WARM-UP/

TEAM PICTURES:

TEAM	PICTURES	START OF WARM-UP	END OF WARM-UP
WISCONSIN	12:00	12:30	1:25
ILLINOIS	1:00	1:30	2:25
IOWA	2:00	2:30	3:25
MICHIGAN	3:00	3:30	4:25
MINNESOTA	4:00	4:30	5:25
NORTH DAKOTA	5:00	5:30	6:25
SOUTH DAKOTA	6:00	6:30	7:25

TEAM SEATING:

Designated team seating will be available on deck and rotated on a daily basis.

HOTEL INFORMATION:

Information will be provided to all teams and also on the Kenosha Area CVB website www.KenoshaCVB.com or you can contact Brigit Correa or Sam Sullivan at 800-654-7309 ext. 14.

MEET WEBSITE:

www.patriot-swimming.com

**COACH SOCIAL
INFORMATION**

There will be a social for coaches and officials on Friday evening, August 3rd, after the evening finals session. More information will be available at the general meeting.

ZONE APPAREL

Apparel vendor will be available onsite throughout the meet.
Aquatics Vendor will be available onsite throughout the meet.

OTHER INFORMATION:

Please visit www.kenoshacvb.com for additional information on the Kenosha Area.



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SCHEDULE OF EVENTS

FRIDAY AUGUST 3, 2012

GIRLS	EVENTS	BOYS
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MORNING PRELIMS

15	11-12 200 Individual Medley	16
29	13-14 400 Individual Medley timed finals	30
19	11-12 100 Breaststroke	20
17	13-14 100 Breaststroke	18
23	11-12 50 Backstroke	24
21	13-14 200 Freestyle	22
27	11-12 100 Freestyle	28
25	13-14 100 Butterfly	26
31	11-12 200 Butterfly timed finals	32
13	13-14 800 Freestyle timed finals	14

AFTERNOON TIMED FINALS

1	10-U 50 Breaststroke	2
3	10-U 100 Freestyle	4
5	10-U 50 Butterfly	6
7	10-U 200 Free Relay	8

CONSOLATION & CHAMPIONSHIP FINALS

9	13-14 200 Free Relay	10
11	11-12 200 Free Relay	12
13	13-14 800 Freestyle fastest heat	14
15	11-12 200 Individual Medley	16
17	13-14 100 Breaststroke	18
19	11-12 100 Breaststroke	20
21	13-14 200 Freestyle	22
23	11-12 50 Backstroke	24
25	13-14 100 Butterfly	26
27	11-12 100 Freestyle	28
29	13-14 400 Individual Medley fastest heat	30
31	11-12 200 Butterfly fastest heat	32



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Saturday August 4, 2012

GIRLS **EVENTS** **BOYS**

MORNING PRELIMS

41	11-12 400 Medley Relay	42
43	13-14 400 Medley Relay	44
49	11-12 50 Butterfly	50
51	13-14 200 Individual Medley	52
53	11-12 50 Freestyle	54
55	13-14 50 Freestyle	56
57	11-12 200 Breaststroke timed finals	58
59	13-14 200 Breaststroke	60
61	11-12 100 Backstroke	62
63	13-14 100 Backstroke	64
65	11-12 400 Freestyle timed finals	66
67	13-14 400 Freestyle	68

AFTERNOON TIMED FINALS

33	10-U 200 Individual Medley	34
35	10-U 100 Backstroke	36
37	10-U 50 Freestyle	38
39	10-U 100 Breaststroke	40

CONSOLATION & CHAMPIONSHIP FINALS

45	11-12 200 Medley Relay	46
47	13-14 200 Medley Relay	48
49	11-12 50 Butterfly	50
51	13-14 200 Individual Medley	52
53	11-12 50 Freestyle	54
55	13-14 50 Freestyle	56
57	11-12 200 Breaststroke fastest heat	58
59	13-14 200 Breaststroke	60
61	11-12 100 Backstroke	62
63	13-14 100 Backstroke	64
65	11-12 400 Freestyle fastest heat	66
67	13-14 400 Freestyle	68



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Sunday August 5, 2012

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
77	11-12 400 Freestyle Relay	78
79	13-14 400 Freestyle Relay	80
83	11-12 200 Backstroke timed finals	84
85	13-14 200 Backstroke	86
87	11-12 50 Breaststroke	88
89	13-14 100 Freestyle	90
91	11-12 200 Freestyle	92
93	13-14 200 Butterfly	94
95	11-12 100 Butterfly	96
81	13-14 1500 Freestyle timed finals	82
AFTERNOON TIMED FINALS		
69	10-U 200 Medley Relay	70
71	10-U 200 Freestyle	72
73	10-U 50 Backstroke	74
75	10-U 100 Butterfly	76
CONSOLATION & CHAMPIONSHIP FINALS		
81	13-14 1500 Freestyle fastest heat	82
83	11-12 200 Backstroke fastest heat	84
85	13-14 200 Backstroke	86
87	11-12 50 Breaststroke	88
89	13-14 100 Freestyle	90
91	11-12 200 Freestyle	92
93	13-14 200 Butterfly	94
95	11-12 100 Butterfly	96



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**CENTRAL ZONE CHAMPIONSHIP MEET
 PERMISSION AND RELEASE FORM**

LSC _____

I hereby give my permission for _____

(Please Print Name of Swimmer)

to accompany the _____ LSC TEAM to: _____

on the following dates: _____

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the _____, its officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention which may be required, I authorize the adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

_____ Date: _____

(Signature of Parent or Guardian)

MEDICAL INFORMATION:

List medication and dosage the swimmer is taking now _____

Pre-existing conditions (asthma, epilepsy, etc.): _____

Allergies (include medicines needed): _____

Other pertinent information the coach, and others in charge, should know about the swimmer:

Physician's Name: _____ (_____) _____

(Please Print)

Phone Number

Name of Parent or Guardian: _____

(Please Print)

Address: _____

Street

City

State

Zip

Telephone Day: (_____) _____ Evening: (_____) _____

Phone during meet competition: (_____) _____ (cell/pager/etc)



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CENTRAL ZONE CHAMPIONSHIP MEET GUIDELINES FOR CODE OF CONDUCT VIOLATIONS

All athletes, coaches and LSC staff members must have signed a "Code of Conduct." This must be on file with the designated LSC Representative while attending the Central Zone Championship Meet.

The Meet Host shall enclose a copy of the "sample" LSC Code of Conduct with the Meet Information when it is distributed to participating teams for use if there is no LSC Code of Conduct.

Article 401.1 of Part Four (USA Swimming Rules and Regulations) states "...USA Swimming may censure, place on probation, suspend for a definite or indefinite period of time with or without terms of probation, fine, or expel any member of USA Swimming, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of USA Swimming, who has violated any of its rules or regulations, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon USA Swimming or upon the sport of swimming. USA Swimming may also conduct hearings on any matter affecting USA Swimming as the National Governing Body for swimming."

In the instance of any violations, this procedure shall be followed:

1. Report, in writing, the violation or offense to the Meet Referee and the Zone Observer.
2. The offense must be verified and the report must include:
 - A. The name and LSC of the person(s) who committed the offense;
 - B. The name and means of contacting the person(s) who were affected by the violation;
 - C. The nature and details of the violation;
 - D. The name of the LSC Representative of the person(s) who committed the offense.
3. The Zone Championship Meet Coordinator will contact the person(s) charged with the offense and their LSC Representative.
4. If the situation does not have legal implications and can be resolved to the satisfaction of all persons involved, the matter will simply be reported, in writing, to:
 - A. The Representative of the host LSC;
 - B. The person(s) who committed the offense;
 - C. The LSC General Chairman of the person(s) who committed the offense;
 - D. The LSC Representative of the person(s) who committed the offense;
 - E. The person(s) whom the violation affected;
 - F. The Zone Directors and Coordinators.
5. If the situation has legal implications and/or cannot be resolved to the satisfaction of all persons involved, the matter shall be officially reported to the LSC of the person(s) charged with the offense, with a request or recommendation from the Zone Directors and Coordinators for suitable disciplinary action.
6. Within 30 days of the official report, the LSC must advise the Zone Directors, in writing, that the review process has been initiated. The LSC must also advise the Zone Directors of the final action taken. If the consensus of the Zone Directors and Coordinators is that the LSC of the person(s) charged did not take appropriate action, the matter may be referred to the National Board of Review for hearing and decision.



14 & Under Central Zone Age Group Championship
 Pleasant Prairie RecPlex
 Pleasant Prairie, Wisconsin 53158
 August 3-5, 2012



CENTRAL ZONE CHAMPIONSHIP MEET
CODE OF CONDUCT

LSC _____

SAMPLE: The LSC shall use this form if there is no “Code of Conduct” form used by your LSC.

PURPOSE: The purpose of this Code is to promote the best possible LSC Team and individual impression at all times and to acknowledge each individual’s responsibilities as members of our team.

PART I – GENERAL CONDUCT:

1. All participating LSC Team members shall abide by this Code of Conduct.
2. Curfews will be strictly obeyed unless participant has contacted the coach for an extension.
3. The use of alcoholic beverages is forbidden.
4. The use of drugs, other than those prescribed by your physician, is forbidden.
5. The use of tobacco products is forbidden.
6. The use of fireworks is forbidden.
7. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
8. Swimmers will treat their membership on the Team as a privilege and personally acknowledge those responsibilities associated with it.
9. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.

PART II – VIOLATION OF THE CODE: The coach and chaperone have the power to impose penalties for violation of the Code. The penalties include, but are limited to the following:

1. The Swimmer will be scratched from the Championship Meet.
2. The Swimmer will be sent home immediately, at his/her own expense.
3. The Swimmer will forfeit his/her privilege of being a member of LSC Team.

I hereby agree to abide by the rules of conduct set forth in Part I above and acknowledge that, should I violate any provision of Part I, I will be subject to disciplinary actions as set forth in Part II, including suspension.

Swimmer: _____ Date: _____
 Signature

 Please Print Name

Parent/Guardian _____ Date: _____
 Signature

 Please Print Name