

SAN DIEGO-IMPERIAL SWIMMING
1511 Morena Blvd., San Diego, CA 92110 (619) 275-1292

2010 USA SWIMMING WESTERN ZONE CHAMPIONSIPS INFORMATION SHEET

Date of Meet: August 10-14, 2010

Location: Frank Fiscalini International Swim Center,
Independence High School, 627 N. Jackson Ave, San Jose, CA. 95133

Cost: \$550 for swimmers 13-18.

12/U swimmers who make the team travel with their parents, other friend's parents or make arrangements for their travel including lodging, supervision, food and transportation. This is to meet the requests of many parents, to provide an atmosphere encouraging championship swimming, the lead of many other teams, and understanding that a week's travel is a new experience for many younger swimmers. SI swimming will attempt to book extra rooms at team hotel, provide the opportunity to have meals with the 13/18 swimmers and have seats available on the flight. These will be available through the SI Office, if available, and on a first come, first served basis. Coaching for these swimmers, as for all on the team, will be provided by the Zone staff. There will be a stipend of up to \$500 for 12/under swimmers who complete all requirements that are set by the Zone Staff.

All event entries will be made by the Zone staff.

Depart Date: Monday August 9, 2010 **Return:** Sunday August 15, 2010

Head Coach: Sean Redmond: (760) 728-9244 **email:** seanmary@aol.com

Eligibility: All swimmers must have a minimum of two LC qualifying times to be considered for the team. Swimmers with five LC qualifying times will be granted automatic selection. The team will consist of up to 48 13-18 with a max of 60 swimmers.

Entry deadline: Swimmers must submit a **COMPLETE ZONE PACKET by Saturday, July 24, 2010.** Updates will be accepted on July 25th provided that a complete application was received by the 24th by the end of the meet.

Team Selection:

- In order to apply the swimmer must have at least two (2) long course qualifying times. Times must have been achieved since the 2009 Western Zone Championships through the application deadline.
- Applications will be accepted after July 1, 2010. Applications must be received no later than July 24, 2010.
- Applications must be sent to the SI Office until July 12; after July 12 send directly to the Head Coach.
- Swimmers with 5 (five) or more, long course qualifying times who submit a complete and timely application, will automatically be selected to the team.
- The coaching staff will select the best team from the qualified applicants. The coaching staff will enter the swimmers in the events that will be best for the overall team success. Swimmers are be required to compete in all entered events, individual and relay. Selection of the swimmers will be based on the swimmers' times and compared to the placing of the top eight times of previous Zone Meets.
- A maximum of four (4) swimmers with disabilities may be selected: two (2) 12/U and two (2)13-18.
- Swimmers 12 and under, may receive a stipend from SI Swimming of up to \$_____ after the meet. Swimmers will be required to turn in receipts within 30 days to receive stipend. Swimmers not competing in all events that they are entered, comply with all SI and Team Rules and Policies will not receive funds.
- Swimmers and parent/guardians are required to read and sign the SI Swimming Code of Conduct. Swimmers must abide by the code at all times, failure to do so will result in discipline action.

- **Swimmers must attend ALL sessions (regardless of their individual entries), meetings, work-outs, etc as determined by the head Zone Coach. Early departure from the Team or late arrival is NOT permitted.**
- **The SI Office will maintain a list of those calling and offering to take other swimmers and those looking for a chaperone for their child.. The SI Swimming is not responsible for arranging, coordinating or conduct of any such arrangements and will function as an information clearinghouse only.**
- Prior to departure, the Head Coach must be provided with swimmer's contact information including: lodging (phone number and name) and cell phone number (if available), etc.
- Team Staff, in a funded or un-funded role, must abide by the SI Swimming Code of Conduct.
- Any swimmer who within the 18 months prior to the start of the meet has participated in one individual event at a USA Swimming Championships as defined in Article 207s, excluding Disability Championships and Open Water Championships may not compete in that event or the related relay leg. Any swimmer who within the 18 months prior to the start of the meet has participated in two (2) or more individual events at a USA Swimming Championships as defined in Article 207 of the USA Swimming Rules, excluding Disability & Open Water Championships, may not compete in the meet.
- ***Swimmers, to be selected for the 2010 SI Zones Team must agree not to compete in any athletic competition between July 26, 2010 and the beginning of Zones. Violation of this rule will result in dismissal from the team.***

Team All applicants will be notified of team status by 9:00 pm, July 26, 2010.

Notification **ALL TEAM MEMBERS WILL BE REQUIRED TO ATTEND**

& Meeting: **A MANDATORY MEETING ON TBA AT A PLACE TO BE DETERMINED.**

Travel Rules: All, 13-18 year old, swimmers must remain part of the team from departure until the conclusion of the meet. At the conclusion of the meet, a swimmer may be released to his/her parents only if a written request is submitted to the team manager or head coach at least **48 hours PRIOR to departure from San Diego.**

12 and under swimmer are responsible for their own arrangements (travel, lodging and supervision, etc.), and must be present for the entire meet, as determined by the Head Coach.

UNIFORM: Team member entered into the Zone Meet, including the 12/U, will receive the:

Team Shirts Team caps Team jacket

Swimmers must supply their own solid navy blue team suit or other approved suit for competition and must wear the team uniform in all competitions.. During workouts and warm-ups other suits may be worn.

CODE OF CONDUCT: Each swimmer will be required to sign the San Diego-Imperial Code of Conduct. Swimmers must follow staff instructions at all times .

GENERAL INFORMATION: Bring extra money (\$60.00) for extra meals and souvenirs.

Swimmers are required to sit with the team at all times, when at the meet. Parents will be able to sit with the team, if the area is open to non-athletes and staff.

Saturday evening there will be a swimmers social event at the Silver Creek SportsPlex (800 embedded Way San Jose, CA. 95148). This activity is open to all participants, coaches, officials and family members and friends. The LSC will pay for the swimmers and SI staff. The cost is \$30 at the door for any others who might be interested.

WOMEN			MEN	
2008 12 th place	2010 zone cut	AGE/EVENT	2010 Zone Cut	2008 12 th place
	LCM	10 & UNDER	LCM	
32.48	33.29	50 FREE	33.09	33.09
1:12.29	1:12.29	100 FREE	1:12.79	1:12.79
2:36.79	2:39.09	200 FREE	2:38.09	2:38.09
39.39	:39.39	50 BACK	39.49	39.49
1:23.56	1:24.89	100 BACK	1:25.09	1:25.09
43.59	44.29	50 BREAST	44.99	44.32
1:33.39	1:36.69	100 BREAST	1:37.89	1:36.26
35.86	36.79	50 FLY	36.79	36.79
1:24.44	1:25.09	100 FLY	1:24.49	1:24.49
2:57.77	2:58.59	200 IM	2:59.59	2:59.59

WOMEN			MEN	
2008 12 th place	2010 zone cut	AGE/EVENT	2010 Zone Cut	2008 12 th place
	LCM	11-12	LCM	
29.36	29.39	50 FREE	29.59	29.43
1:04.10	1:04.69	100 FREE	1:04.29	1:04.29
2:19.25	2:20.59	200 FREE	2:19.79	2:18.67
4:54.83	4:56.49	400 FREE	4:55.59	4:52.21
34.42	34.59	50 BACK	34.89	34.78
1:13.68	1:14.19	100 BACK	1:15.09	1:13.67
38.34	38.59	50 BREAST	38.29	38.29
1:22.75	1:24.09	100 BREAST	1:24.49	1:23.96
31.87	32.39	50 FLY	32.49	32.41
1:11.75	1:12.49	100 FLY	1:12.89	1:12.89
2:38.63	2:38.79	200 IM	2:38.99	2:37.44

WOMEN			MEN	
2008 12 th place	2010 zone cut	AGE/EVENT	2010 Zone Cut	2008 12 th place
	LCM	13-14	LCM	
28.89	28.89	50 FREE	27.29	26.64
1:02.69	1:02.69	100 FREE	58.99	58.24
2:15.09	2:15.09	200 FREE	2:08.09	2:07.71
4:43.99	4:43.99	400 FREE	4:31.99	4:31.76
9:44.71	9:51.69	800 FREE	9:28.49	9:23.93
18:39.14	18:55.69	1500 FREE	18:06.09	17:47.62
1:11.47	1:11.59	100 BACK	1:08.09	1:08.09
2:31.87	2:33.29	200 BACK	2:25.89	2:25.46
1:20.89	1:20.89	100 BREAST	1:15.99	1:14.71
2:54.09	2:54.09	200 BREAST	2:45.39	2:41.62
1:09.59	1:09.59	100 FLY	1:05.19	1:04.11
2:34.04	2:35.49	200 FLY	2:26.99	2:26.99
2:30.99	2:30.99	200 IM	2:25.09	2:25.09
5:19.34	5:25.79	400 IM	5:08.59	5:07.47

WOMEN			MEN	
2008 12 th place	2010 zone cut	AGE/EVENT	2010 Zone Cut	2008 12 th place
	LCM	15-16	LCM	
28.54	28.99	50 FREE	26.29	26.08
1:02.19	1:02.89	100 FREE	57.49	57.32
2:14.25	2:15.59	200 FREE	2:05.79	2:05.22
4:42.76	4:44.69	400 FREE	4:26.79	4:24.03
9:47.46	9:53.69	800 FREE	9:20.89	9:15.79
18:37.55	19:01.49	1500 FREE	18:03.69	17:37.48
1:11.89	1:11.89	100 BACK	1:06.19	1:05.41
2:33.74	2:34.69	200 BACK	2:23.79	2:21.18
1:19.59	1:19.59	100 BREAST	1:14.39	1:14.39
2:54.52	2:55.99	200 BREAST	2:43.09	2:42.07
1:08.69	1:09.89	100 FLY	1:03.39	1:02.62
2:35.80	2:37.09	200 FLY	2:23.89	2:21.38
2:34.32	2:34.99	200 IM	2:22.39	2:21.39
5:24.23	5:27.39	400 IM	5:04.59	5:00.65

WOMEN			MEN	
2008 12 th place	2010 zone cut	AGE/EVENT	2010 Zone Cut	2008 12 th place
	LCM	17-18	LCM	
29.57	29.89	50 FREE	26.59	26.59
1:03.59	1:05.09	100 FREE	58.39	58.39
2:21.03	2:21.19	200 FREE	2:07.99	2:07.83
4:56.95	5:00.19	400 FREE	4:35.49	4:35.52
10:22.20	10:26.09	800 FREE	9:38.69	9:38.69
20:18.79	20:18.79	1500 FREE	18:38.59	18:31.82
1:13.98	1:16.69	100 BACK	1:09.19	1:07.77
2:41.09	2:44.79	200 BACK	2:31.29	2:29.40
1:24.91	1:25.99	100 BREAST	1:17.39	1:16.73
3:01.61	3:07.79	200 BREAST	2:51.09	2:49.91
1:12.42	1:13.69	100 FLY	1:04.99	1:03.42
2:51.59	2:51.59	200 FLY	2:33.69	2:26.58
2:39.06	2:40.69	200 IM	2:26.49	2:26.49
5:42.02	5:52.39	400 IM	5:22.09	5:18.52