

2014 WESTERN ZONE CHAMPIONSHIPS INFORMATION SHEET

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MEET DATES: AUGUST 6-9, 2014
MEET SITE: Weyerhaeuser King County Aquatic Center
650 SW Campus Drive, Federal Way, WA 98023
COST: \$700

DEPARTURE: Tuesday August 5
RETURN: Sunday August 10

SPECIFIC TRAVEL INFORMATION WILL BE MADE AVAILABLE TO THE TEAM THE WEEKEND PRIOR TO THEIR DEPARTURE.

TEAM SELECTION:

- In order apply the swimmer must have at least two (2) qualifying times; short course or long course. The qualifying times must be for different events. Times must have been achieved since August 6, 2013 through the application deadline.
- Those swimmers who have five (5) or more, qualifying times; different events; will automatically make the team.
- The coaching staff will select the best team from the qualified applicants. The team will be limited to a maximum of 52 swimmers.
- Swimmers selection will be based on the swimmers times and compared to the placing of the top eight times of last years zone meet.
- There will be a max of four (4) swimmers with disabilities selected to the team, two (2) 12-under and two (2) 13-14. They will be part of the team; however travel arrangements will be the responsibility of their parents.
- All 10/under swimmers will be responsible for making all their travel, food and lodging arrangements. They may be able to stay at the same hotel, based on availability and might be able to have dinners with the team at an additional cost. There will be a stipend of approximately \$500 for each swimmer from the LSC after the completion of the meet.
- 11/12 swimmers will have a travel option that **must be made at the time of turning in their application**. They can either travel and stay with the SI Western Zone team or be responsible for their own travel arrangements the same as the 10/under swimmers.
- Zone Team Swimmers will not be allowed to compete in any meets between July 28 and August 5. There will be a **MANDATORY** team meeting Saturday, Aug 9, site TBA.
- Applications will be due by the end of prelims on Saturday of the Junior Olympics: **July 26. Applications will be accepted for those who make their cuts on Sunday July 27.**
- Any swimmer who has within the 18 months prior to the start of the meet participated in one (1) individual event at a USA Swimming Championship as defined by Article 207 of the

USA Swimming Rules and Regulations, excluding Disability Championships and open Water Championships, may not compete in that event or the related relay leg.

- Swimmers must include a copy of **all of their BEST times** from the USA Swimming Times Database, both long and short course.

2014 WESTERN ZONE TIME STANDARDS

Girls		Boys		
Short Course	Long Course	10 & UNDER	Long course	Short Course
29.29	33.29	50 FREE	32.99	28.99
1:03.79	1:12.49	100 FREE	1:12.09	1:03.59
2:19.89	2:38.49	200 FREE	2:37.39	2:18.89
34.89	39.29	50 BACK	39.39	34.89
1:15.19	1:24.69	100 BACK	1:25.09	1:15.59
38.99	44.19	50 BREAST	44.89	39.49
1:24.99	1:36.29	100 BREAST	1:37.59	1:26.19
32.19	36.49	50 FLY	36.79	32.49
1:14.59	1:24.19	100 FLY	1:24.69	1:15.09
2:37.89	2:58.49	200 IM	2:59.19	2:38.49

Girls		Boys		
Short Course	Long course	11-12	Long Course	Short Course
25.99	29.39	50 FREE	29.59	25.99
56.99	1:14.79	100 FREE	1:04.19	56.39
2:03.89	2:20.69	200 FREE	2:19.59	2:02.89
5:32.39	4:56.69	400/500 FREE	4:55.99	5:31.59
30.69	34.59	50 BACK	34.69	30.79
1:05.89	1:14.39	100 BACK	1:14.79	1:06.29
2:30.19	2:49.09	200 BACK	2:45.69	2:27.069
33.89	38.59	50 BREAST	38.09	33.49
1:13.99	1:24.09	100 BREAST	1:24.29	1:14.09
2:48.29	3:10.79	200 BREAST	3:07.69	2:45.49
28.59	32.39	50 FLY	32.39	28.59
1:04.09	1:12.49	100 FLY	1:12.69	1:04.19
2:31.89	2:51.39	200 FLY	2:46.49	2:27.49
2:20.29	2:38.89	200 IM	2:38.59	2:19.99
5:18.39	5:59.79	400 IM	5:33.19	5:12.39

Girls		Boys		
Short Course	Long Course	13-14	Long Course	Short Course
25.39	28.89	50 FREE	27.29	23.89
55.09	1:02.79	100 FREE	58.99	51.69
1:59.19	2:15.49	200 FREE	2:08.19	1:52.59
5:19.49	4:45.19	400/500 FREE	4:33.19	5:06.09
11:06.19	9:54.59	800/1000FREE	9:31.09	10:39.79
18:36.59	18:58.89	1500/1650 FREE	18:14.19	17.:52.79
1:03.39	1:11.49	100 BACK	1:07.99	1:00.19
2:15.89	2:33.39	200 BACK	2:26.09	2:09.49
1:11.29	1:21.09	100 BREAST	1:15.99	1:06.59
2:33.29	2:54.19	200 BREAST	2:45.59	2:25.59
1:01.29	1:09.49	100 FLY	1:05.09	57.39
2:07.49	2:35.39	200 FLY	2:26.99	2:09.89
2:15.89	2:33.99	200 IM	2:25.49	2:08.19
4:47.99	4:47.99	400 IM	5:09.79	4:33.29

Order of Events

G/B	Age Group	Events Name	G/B	Age Group	Events Name
Wednesday					
1-2*	11-12	400 IM	15-16	10/under	100 back
3-4	10/under	50 Breast	17-18	11-12	100 back
5-6	11-12	50 Breast	19-20	13-14	200 back
7-8	13-14	100 breast	21-22**	13-14	800 free
9-10	10/under	200 free	23-24	10/under	400 free relay
11-12	11-12	100 Free	25-26	11-12	400 free relay
13-14	13-14	100 free	27-28	14/under	400 free relay

G/B	Age Group	Events Name	G/B	Age Group	Events Name
Thursday					
29-30	10/under	100 free	41-42	10/under	200 IM
31-32	11-12	200 free	43-44	11-12	200 IM
33-34	13-14	200 free	45-46	13-14	400 IM
35-36	10/under	50 fly	47-48*	11-12	200 back
37-38	11-12	50 fly	49-50	10/under	200 free relay
39-40	13-14	100 fly	51-52	11-12	200 free relay
			53-54	14/under	200 free relay

G/B	Age Group	Events Name	G/B	Age Group	Events Name
Friday					
55-56*	11-12	200 fly	67-68	13-14	100 back
57-58	10/under	100 breast	69-70*	11-12	400 free
59-60	11-12	100 breast	71-72	13-14	400 free
61-62	13-14	200 breast	73-74	10/under	400 med relay
63-64	10/under	50 back	75-76	11-12	400 med relay
65-66	11-12	50 back	77-78	14/under	400 med relay

G/B	Age Group	Events Name	G/B	Age Group	Events Name
Saturday					
79-80	13-14	200 IM	91-92	13-14	200 fly
81-82	10/under	50 free	93-94*	11-12	200 breast
83-84	11-12	50 free	95-96**	13-14	1500 free
85-86	13-14	50 free	97-98	10/under	200 med relay
87-88	10/under	100 fly	99-100	11-12	200 med relay
89-90	11-2	100 fly	101-102	14/under	200 med relay

*Timed Finals events with the fastest heat swum in Finals

**Timed Finals events swum in prelims fastest to slowest alternating Girls and Boys