

2010 USA Swimming Southern Zone Age Group Championship
27 July – 31 July

Women	Order of Events		Men
	Tuesday 27 July 2010		Finals 2:00 PM
Event #	Age Group	Event	Event #
1	13-18	800 free	
	13-18	1500 free	2

1 & 2 will be swum fastest to slowest, alternating women then men

Prelims 9:00 AM	Wednesday 28 July 2010		Finals 6:00 PM
3	11-12	200 Free	4
5	13-14	200 Free	6
7	15-18	200 Free	8
9	11-12	50 Breast	10
11	13-14	200 Breast	12
13	15-18	200 Breast	14
15	11-12	100 Fly	16
17	13-14	100 Fly	18
19	15-18	100 Fly	20

Prelims 9:00 AM	Thursday 29 July 2010		Finals 6:00 PM
21	15-18	200 Back	22
23	13-14	200 Back	24
25	11-12	50 Back	26
27	15-18	100 Free	28
29	13-14	100 Free	30
31	11-12	400 Free	32
33	15-18	400 IM	34
35	13-14	400 IM	36

Prelims 9:00 AM	Friday 30 July 2010		Finals 6:00 PM
37	11-12	100 Back	38
39	13-14	100 Back	40
41	15-18	100 Back	42
43	11-12	100 Breast	44
45	13-14	100 Breast	46
47	15-18	100 Breast	48
49	11-12	100 Free	50
51	13-14	400 Free	52
53	15-18	400 Free	54
55	11-12	200 Medley Relay	56
57	13-14	200 Medley Relay	58
59	15-18	200 Medley Relay	60

**All relays are timed final events and will be swum in the finals.

Prelims 9:00 AM	Saturday 31 July 2010		Finals 6:00 PM
61	11-12	200 IM	62
63	13-14	200 IM	64
65	15-18	200 IM	66
67	11-12	50 Free	68

69	13-14	50 Free	70
71	15-18	50 Free	72
73	11-12	50 Fly	74
75	13-14	200 Fly	76
77	15-18	200 Fly	78
79	11-12	200 Free Relay	80
81	13-14	200 Free Relay	82
83	15-18	200 Free Relay	84

**All relays are timed final events and will be swum in the finals.

Open Water Championships

Sunday 1 August 2010

Complete information on venue and activities will follow on Dynamo Website.

**USA Swimming Southern Zone Age Group Swimming Championships
Code of Conduct**

The following code is in effect throughout the 2010 USA Swimming Southern Zone Age Group Swimming Championships. Anyone who, in the opinion of the LSC Zone Meet Coaching Staff, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other punishments including barring from future LSC trips or competition may be imposed.

- 1) The LSC may travel as a team to these meets/training sessions and everyone is expected to behave in an exemplary manner. The reputation of the LSC, as well as the other athletes with you, is dependent on your behavior.
- 2) The LSC Coaching Staff holds the final word on any rules, regulations or disciplinary actions.
- 3) a) The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. In addition, any member found or suspected to be in the **presence of others** (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from the LSC Zone Team. Any swimmer suspected of such activity will appear before a review committee composed of the LSC Coaching Staff, and LSC Zone Team Captains.
b) Use of inappropriate language, including obscene language or gestures and other threatening language or conduct will not be tolerated while traveling with the LSC Zone Meet.
- 4) At no times will male and female athletes be in the same hotel room together. This applies to your LSC Zone Team members or members of any other LSC Zone Team.
- 5) No team meetings or practices may be missed. Be punctual to all meetings and warm-up times.
- 6) No team member may be out of their room after the assigned curfew time and no one may leave their room alone. Permission must be obtained from the LSC Coaching Staff to leave the room.
- 7) Any damages or thievery incurred at a hotel will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, such behavior should be kept to a minimum in your rooms. Make all phone calls (except within the hotel) from a pay phone.
- 8) Any individual damages or thievery incurred on the trip will be at the expense of the swimmer, and further disciplinary action will be taken, such behavior will not be tolerated.
- 9) All team members will be polite in restaurants. Leave a 15% tip (Minimum). If there is a problem with the service, see the LSC Coaching Staff.
- 10) Agree to follow these and any other rules having to do with the behavior and the LSC Zone Team, as established by the Coaching Staff and the LSC.

I recognize my responsibility to abide by these rules and requirements and those of the LSC Zone Team I am representing and I acknowledge that I have received and read such.

Swimmer's Printed Name _____ Dated _____

Swimmer's Signature _____ Dated _____

LSC Head Coach's Signature _____ Dated _____