



Welcome to the 2016 Eastern Zone Long Course Age Group Championship Meet registration and information page, please spend some time reading through this information to fully understand Zone Team selection, application and registration process.

Eligibility and Qualifying- The Qualifying period begins at last year's Long Course Eastern Zone Age Group Championship Meet and ends at the conclusion of VSI's Long Course Senior or Age Group Championship Meet of this year.

The two fastest swimmers in each event that attend and swimmers with at least 4 Eastern Zone Qualifying Times within the qualifying period are eligible for the LC Zone Team.

New for this year, more opportunities for qualifying!

Along with Relay lead off splits we will now accept Lead off splits, Intermediate splits, and Time Trial times from the appropriate Championship level meet (Senior Champs for 15 and older swimmers, Age Group Champs for 14 and younger swimmers) will count toward the number of events for which the swimmer qualifies, but will not be considered one of the two fastest times achieved in the LSC for Zone Team qualification.

Procedure for use of Lead off, Intermediate splits and Time trial times- Coaches are required to inform the meet referee and admin referee of the championship meet their athlete's desire to use their split times for Zone team qualification within 30 minutes of the conclusion of the session. For those seeking a qualifying time through time trials the athlete's coach must inform the time trial referee, not later than 10:30 am of the day the time trial is desired. Time Trials completed after the conclusion of the Championship meet will not be eligible for inclusion. These procedures must be followed in order for the desired times to be included.

12 and younger athletes who have achieved a qualifying time in an individual event for any of the following meets but have not participated are eligible to attend the Eastern Zone Long Course Age Group Championship Meet

13 & Older swimmers who have qualified in an individual event in any of the following meets are not eligible to participate in the Eastern Zone Long Course Age Group Championship Meet.

- USA Swimming National Championships
- USA Swimming Spring Championships
- U.S. Open
- USA Swimming Junior Championships
- USA Swimming Trials Class meet

*An athlete with a NSCA qualifying time is eligible to participate at Zones.

All athletes must be current registered members of VSI and USA Swimming. Each swimmer is permitted to swim a maximum of 6 events in which he/she is qualified, not to exceed 3 events per day. Each swimmer must compete in the events for which he/she is qualified. The only exception to this policy is when a swimmer qualifies in more than 6 events. In that instance, the Zone Team Head coach, at his/her discretion, will determine which events shall be dropped.

Cost- A fee is assessed for the trip that includes, meet entry fees, bus transportation, lodging, meals, (breakfast, lunch and dinner) except for Tuesday lunch, please send lunch money for our travel day, two swim caps and a team water bottle. The trip fee is \$550.00

Entry Fees-Are included in the trip fee

Applying to attend is easy! - Any athlete interested in participating must have an online application completed along with a \$100.00 on line deposit submitted no later than 11:59pm on **Monday, July 18th** 2016. Applications are available at Virginiaswimming.org, under Zone Team. All athletes have until completion of their championship meet (Senior or Age Groups) to meet the qualifying time standards. The deposit will be applied to the balance of the trip fee if the athlete earns a place on the team.

Refund Policy-

- If in the event an athlete applies to attend Zones and during the course of the season achieves a time standard (USA Swimming Jr. Nationals, Nationals, US Open or Trials cut) that would disqualify him/her, a deposit refund will be issued. (NSCA qualifying times do not disqualify an athlete from participating at Zones)
- If in the event an athlete achieves the Eastern Zone time standards or finishes in the top two and opts to not attend Zones he/she will forfeit the deposit.
- If an athlete applies and falls short of the time standard or top two attending the deposit will be refunded.

Trip fees are non-refundable

Final Registration- The following forms must be signed and filled out in their entirety to include medical insurance information. The forms are available on-line and are formatted to be fillable. After filling them in please hard copy them and submit them to the Zone Team Manager on Saturday during prelims of Senior Champs and Sunday during Age Group Champs. **For the safety and security of the athletes and due the personal nature of the information provided on the forms do not email them to the team manager.**

1. Athlete Honor Code
2. Medical Release, to include athletes' medical insurance information
3. Liability and Indemnification

The final balance must be paid by the conclusion of your athlete's championship meet. If the final balance and required registration paperwork is not submitted by the conclusion of their champs meet, Sunday July 24th the athlete will forfeit their deposit and place on the team.

Final Registration Procedure- NEW FOR 2016

- Senior Champs attendees- Saturday, July 23rd during warm ups through prelims ONLY
All athletes who have applied must submit registration paperwork during this time frame.
- Age Group Champs attendees- Sunday, July 24th from prelims through finals all qualified athletes must submit their registration prior to the conclusion of Finals on Sunday night.

If your athlete is not attending a Championship Meet, they may mail the registration paperwork to the Team Manager.

Itinerary- The team's itinerary will be posted on the Zone Team page at VirginiaSwimming.org after Age Group Champs when the host has had an opportunity to complete the meet entries and develop a timeline. Our Itinerary will include accommodations, transportation departure and arrival times.
PLEASE READ IT CAREFULLY!

Team Outfitting- PLEASE READ CAREFULLY!!!- Uniforms are provided by Metroswimshop.com through an online team portal. Credit Cards are the only acceptable form of payment for the uniform. The Team Uniform Portal will be open for ordering after the application deadline and will close at 10:00am Monday, July 25th. We encourage you to order your uniform as early as possible. The uniform will be delivered to your home via UPS and is scheduled to arrive on Monday, August 1st. Metro Swim Shop prints, embroiders and ships our order after **all** of the orders are received. They will not accept any orders after the scheduled deadline. It is your responsibility to order the uniform on time. Instructions for registering with Metro Swim Shop and ordering your uniform and equipment are posted on the Zone Team page of our website.

The Team Uniform consists of the following items;

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| • Speedo Streamline Warm Up Suit | \$70.80 mandatory |
| • 1 short sleeve t-shirt red | \$12.75 new (Anvil light weight) mandatory |
| • 1 short sleeve t-shirt black | \$12.75 new (Anvil light weight) mandatory |
| • 1 short sleeve t-shirt white | \$9.25 new (Anvil light weight) mandatory |
| • All 9-10s navy hooded sweatshirt | \$19.95 new (Jerzees) mandatory |
| • Boys 11-18 long sleeve navy hooded shirt | \$19.95 new (Anvil light weight) mandatory |
| • Boys 1 pair shorts | \$19.00 mandatory |
| • Girls 11-18 long sleeve navy hooded shirt | \$19.95 new (Anvil light weight) mandatory |
| • Girls 1 pair athletic shorts | \$18.00 mandatory |
| • Speedo Teamster Backpack | \$52.50 optional |
| • Virginia Swimming Towel | \$39.00 optional (New Design) |
| • Delivery charge | \$9.95 |

Speedo Streamline warm up		Sizing Chart					
Youth Sizes							
		S	M	L			
Size		size 8-9	size 10-12	size 14-16			
Chest		27 1/4	29 1/2	31 1/2			
Waist		24	25 1/2	27 1/2			
Hip		27 1/4	30	34			
Women's Sizes							
	AXS	AS	AM	AL	AXL		
Size	size 0	size 1-4	size 5-8	size 9-12	size 13-14		
Bust	31	32-33	34-35	36-37 1/2	39		
Waist	23	24-25	26-27	28-29 1/2	31		
Hip	33 1/2	34-35 1/2	36-37 1/2	38-40	41 1/2		
Men's Sizes							
	AXS	AS	AM	AL	AXL	AXXL	
Chest	37	38	40	42	44	46-48	
Waist	31	32	34	36	38	40	
Hip	35	35	38	40	42	44	

***All items are mandatory unless specified. TO ENSURE ALL PARTICIPANTS RECEIVE A COMPLETE UNIFORM ONLY 1 ITEM PER PERSON WILL BE SHIPPED. PLEASE DO NOT ORDER ANY ADDITIONAL ITEMS.

Uniform attire is to be worn at all times! **Individual club team attire is not permitted.** Please ensure uniform pieces are labeled with athlete's name. Team caps are distributed at the meet.

For team members who participated last year, our warm up and shorts remain the same all other new mandatory items will be required. Only current uniform items are permitted during the trip.

Chaperones and Meet Support- Parents this is an opportunity for you to support our athletes as a spectator, official, timer or chaperone. Your support and help is greatly appreciated, and required in order for us to participate. It takes the work of many to make this trip successful. We are required to provide timers for this meet, if you are attending this meet make yourselves available to assist in this capacity when asked. Timer sign-up sheets will be available at final registration.

We encourage parents to volunteer as chaperones for this trip. It's fun and rewarding and a great way to offset the expense of attending. The chaperone fee is \$100.00 and includes accommodations, transportation and meals. Please contact the Team Manager for information at zoneteammgr@virginiawimming.org. Chaperones will be selected after our champs meets. Applications to chaperone, general information and USA Swimming membership criteria are available on our web page. Apply early to get your membership process underway.

If after the conclusion of Age Group or Senior Champs there are not enough chaperones for any one age group, that age group **will not** travel with the team.

Team Travel Policies-This meet is considered TEAM TRAVEL. This experience is modeled after The National Team. All athletes are committed to traveling with the team on buses to and from the meet as a group. We bring all but our 10 and under athletes back to the aquatic center for the finals session each night to support and cheer on their team mates. By accepting a place on Virginia's Zone Team you are committing yourself to the team and will be available for the entire meet. **There are no exceptions to this policy. NO ATHLETE WILL BE RELEASED PRIOR TO THE CONCLUSION OF THE FINALS SESSION AND TEAM BANQUET ON SATURDAY.**

Parents, for the safety of all of our team members it is strongly discouraged that you visit your athlete during our stay at the hotel and are prohibited from entering any athletes' room.

During competition athletes are not permitted in the spectator stands. All athletes are required to sit and stay together on our team bench. Parents and spectators are not permitted on deck or in any designated area for athletes. Ample spectator seating is available. Parents, please do not encourage your athletes to visit with you while at the competition venue, chaperones have to be able to account for every athlete at all times. If you need to drop something off, snacks, drinks, money etc. please contact a chaperone in the stands to assist you.

USA Swimming and VSI Honor Codes will be strictly enforced during this trip and it is strongly encouraged that all parents and athletes read them carefully.

The following cell phone and computer policies will be implemented for this trip: Cell phone and computer usage will be limited to day time hours. All cell phones will be secured with the Team Manager or chaperones at the conclusion of dinner each evening and will be returned to the athletes at breakfast the following day. Please plan accordingly to ensure your phone is charged and that you communicate with your parents/athlete daily.

Texting and cell phone use is strongly discouraged during competition, athletes are required to ask permission from their assigned coach to use them while at the aquatic center. At the discretion of the Head Coach, Assistant Coaches or Team Manager, phone use may be prohibited during competition if it conflicts with the mission of the team.

From time to time Honor Code violations occur and are addressed as the situations arise. The following Disciplinary Plan will be implemented if the Honor Code is violated. A violation could result in the removal of an athlete from competition, being sent home at the athlete's/parent expense, and or future participation on Zone Teams and Virginia Swimming activities.

- A verbal warning to the athlete from a Chaperone, Team Manager or Coach. This will provide the athlete an opportunity to correct the behavior independently.
- A telephone meeting with the athlete, parent and the Head Coach and or Team Manager.
- A parent or guardian of the athlete supervising their athlete for the remainder of the meet or the athlete being sent home.

Athlete Drop off and Pick Up- It is the responsibility of the athlete's parents to provide transportation to and from their arrival and departure location.

For planning purposes only, subject to change –

Tuesday, August 2nd

Newport News- 9:00am- Walmart 12401 Jefferson Ave Newport News Va 23602

Richmond- 10:15am Walmart 7901 Brook Road Richmond Va 23277

Stafford- 11:15am Walmart 217 Garrisonville Road Stafford Va 22554

Please check itinerary for final drop off time.

Athletes with an early release form on file will be released after the conclusion of the finals session and awards banquet on Saturday night. Parents please arrive at the athlete's arrival location 30 minutes prior to our arrival.

Inquiries and Communication- We will post updates to our webpage as we near departure, check the webpage frequently for current news at Virginiawimming.org . Team emails will be the primary means of communication, when applying online please ensure for email address accuracy and the appropriate individual to receive the updates. If you have questions or need additional information please contact the Zone Team Manager at

- zoneteammgr@virginiawimming.org
- Follow us on Twitter [@ZoneSwimTeam!](https://twitter.com/ZoneSwimTeam)