

2009 WESTERN ZONE CHAMPIONSHIPS - Honolulu, Hawaii
PRELIMINARY INFORMATION SHEET

MEET DATES: August 4-8, 2009

MEET SITE: Veterans Memorial Aquatic Center; VMAC; Hawaii

FINANCIAL: Reimbursement up to \$700

TRAVEL: Swimmers and their families make their own arrangements. Swimmers will need to be in Hawaii prior to the start of the meet - Tuesday, August 4, 2009

HEAD COACH: Sean Redmond QUESTIONS: H: 760-728-9244 E-mail: seanmary@aol.com

TEAM SELECTION INCLUDES:

- In order to apply the swimmer must have at least two (2) long course qualifying times. Times must have been achieved since the 2008 Long Course Junior Olympics through the application deadline.
- Applications will be accepted after March 1, 2009. Applications must be received no later than July 25, 2009.
- Applications must be sent to the SI Office until July 12; after July 12 send directly to the Head Coach.
- Swimmers who make the team automatically will be posted at least monthly to the LSC website. Those swimmers who are pending will also be listed.
- Swimmers with 3 (three) or more long course qualifying times who submit a complete and timely application, will automatically be selected to the team.
- Swimmers submitting an application and achieving at least 2 top 12 times from the 2009 western zones championships will automatically be selected to 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. The coaching staff will enter the swimmers in the events that will be best for the overall team success. Swimmers are 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 2008 Zone Meet.
- A maximum of four (4) swimmers with disabilities may be selected: two (2) 12/U and two (2) 13-18.
- *Zone Team Swimmers will not be allowed to compete in any **athletic competitions** between July 27 and the start of the Western Zone Championships.*
- There will be a **MANDATORY** team meeting on Wednesday July 29, 2009 at a place to be determined.
- Swimmers may receive a stipend from SI Swimming of up to \$700 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, parents, and families are responsible for their own arrangements to and from Hawaii, and their stay in Hawaii. Swimmers must be at the event at the times that the coaches request (including any required warm-up times, all sessions in which any SI swimmer is entered, team meetings, etc). Swimmers must attend ALL sessions of the Zone Meet. Early departure from the Team or late arrival is NOT permitted.
- Swimmers who need to travel with another attending the meet may submit their name(s) to the Head Coach.
- Adults who are interested in being responsible for others swimmer(s) please submit their name to the Head Coach. The Head Coach and SI Swimming are 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.

- Teams may make arrangements, at their own cost, to send coach(es). If the coach(es) is appointed to the
- Team Staff, in a funded or un-funded role, they 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 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. 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 must include a copy of all SC & LC BEST TIMES from SWIMS. Swimmers must identify any (LC or SC) USA Swimming Championship times achieved within the 18 months prior to the start of the Zone Meet.

WOMEN			MEN	
2008 12 th place	2009 zone cut	AGE/EVENT	2009 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

2008 12 th place	2009 zone cut	AGE/EVENT	2009 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

2008 12 th place	2009 zone cut	AGE/EVENT	2009 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
2008 12 th place	2009 zone cut	AGE/EVENT	2009 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
2008 12 th place	2009 zone cut	AGE/EVENT	2009 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