



2015 Southern Zone Open Water Championships Meet June 5th - June 7th, 2015

This meet will be conducted under the auspices of North Carolina, Inc. of United States Swimming, the rules of which will apply.

Sanctioned by:

Sandhills Sandsharks and USA Swimming

Hosted by:

NC Swimming, LSC and Sandhills Sandsharks

Location:

Seven Lakes NC (Directions: www.sandshark.org) All Zone Races will be around a 1K loop of the designated course.

Meet Summary

The Zone Championship Meets feature the top regional swimmers from around the United States divided into the four designated zones: Central, Eastern, Southern, and Western. All applicants must be registered 2015 Southeastern Swimming athletes in good standing for 120 days prior to the start of the meet, June 5th, 2015. Southeastern swimmers earning a position on this team have achieved the highest level of age group swimming and will experience a highly competitive meet.

2015 Open Water Zone Team Information

Application Forms –

- *2015 SES Zone Team Application*
- *2015 LSC Honor Code Form*
- *2015 Southern Zone Code of Conduct*
- *2015 SES Medical Form*
- *Copy of his/her medical insurance information*

All documents should be completed at seswim.org after your swimmer is selected. The link to the forms/zone team registration will be sent to those selected. Registration will be similar normal team registration process on Team Unify websites. Please send a copy of the swimmer's medical insurance information to Zach Murray at zachmurray@gmail.com. ***Note to parents**

of applicants: Provide valid phone numbers where you can be reached during the week of the zone championships. It is important that all forms are completely filled out and all information is necessary. An incomplete/inaccurate application form may jeopardize an athlete's ability to participate in the meet.

Athlete Participation Fees

Team fee will be between \$50-\$100 + cc processing fee depending on the number of participants. The price includes lodging, team apparel, swim meet entry fees, van transportation and breakfast meals only. *In addition to the team fees,* swimmers should be prepared to have cash for dinner meals and snacks. Money will be needed for lunch and dinner on Thursday, Friday and Sunday. Only lunch money is needed for Saturday for a total of 7 meals for the trip.

Travel & Hotel Information

The team will travel by 15 passenger van leaving from Nashville, TN as well as Birmingham, AL. The Nashville van will leave the Centennial Sportsplex and make a pickup in Knoxville at the Allen Jones Aquatic Center if needed. Birmingham van will leave from the Birmingham Crossplex. The team hotel is the Springhill Suites: 10024 U.S. 15, Pinehurst, NC 28374 Phone: (910) 695-0234. Swimmers will have room assignments determined by the staff. The swimmers will be transported from the hotel to the course at Seven Lakes by coaches.

Event Information

Friday

Welcome Clinic and 1K Orientation Swim – Friday (Exact Times TBA)

Saturday

11/12 - 2K

13/14 - 5K

15/16 - 5K

Senior Open - 5K

Sunday - coaches will select between 3-5 athletes to represent each team.

14 & Under Girls 3K Team Pursuit

14 & Under Boys 3K Team Pursuit

Open Women's 3K Team Pursuit

Open Men's 3K Team Pursuit

Swimmer Selection Process

The Southeastern Open Water Team is selected using times from the 2014-2015 Short Course season up through March 31, 2015 only.

The team will be comprised of the following number of swimmers per age group:

11-12 Year Olds: Up to 4 Girls and 4 Boys

13-14 Year Olds: Up to 4 Girls and 4 Boys

15-16 Year Olds: Up to 4 Girls and 4 Boys

Senior Open: Up to 4 Girls and 4 Boys

Each LSC is allowed to bring up to 4 athletes per age group. The selection committee will start with the top swimmers in the 1000/1650 based on the Age Group Power Point System, calculated by Hy-Tek Meet Manager. In the event that a selected swimmer is unable to attend, the committee will choose the next highest ranked swimmer in the 1000 or 1650. ***Note that the selection committee may choose to bring fewer than 4 swimmers per age group if deemed necessary.**

***** The Zone Open Water Team will be selected starting April 1, 2015. Emails/Phone calls will be placed to each swimmer selected. The team will also be announced via the Southeastern Swimming web-site (www.seswim.org).*****

***Please e-mail Age Group Chair Zach Murray with any questions: zachmurray@gmail.com**

Tentative Travel Itinerary

Thursday, June 4, 2015

(1) 15 passenger van will depart from Nashville, TN & (1) from Birmingham, AL at 8:00 AM to travel to Seven Lakes, NC and the team hotel. Nashville van departs from the Centennial Sportsplex (pickup in Knoxville on the way if needed) and Birmingham van will depart from the Birmingham Crossplex.

Birmingham Crossplex	Centennial Sportsplex	Allan Jones Aquatic Center
2331 Bessemer Road	222 25th Avenue North	2200 Andy Holt Ave.
Birmingham, AL 35208	Nashville, TN 37203	Knoxville, TN 37916

Friday, June 5, 2015 through Sunday, June 7, 2015

Open Water Zone Championship competition at Seven Lakes, NC course.

Sunday, June 7, 2015

The vans will depart from Seven Lakes immediately following the conclusion of the team pursuit events and head to Nashville, TN & Birmingham, AL for swimmers to be picked up by parents at the same locations as the departure. Parents will be contacted via phone with an ETA as soon as the team leaves and will update on progress.