



2023 Southern Zone Senior Championships

Hosted by Shockwave Aquatics

July 26-29, 2023

Tupelo Aquatic Center

692 North Veterans Memorial Blvd., Tupelo, MS 38804

Held under the Sanction of USA Swimming, Inc. and MS Swimming, Inc.

LSC Sanction #2322

Time Trials Sanction #2322TT

MEET DIRECTOR	MEET ENTRY COORDINATOR	SZ OFFICIALS COORDINATOR
Walker Todd shockwaveheadcoach@gmail.com 662-315-9941	Alissa Kojima southernzone.sr.entries@gmail.com	Traci Johnson traci@tdjohnsoncpa.com
MEET REFEREE	ADMINISTRATIVE REFEREE	OFFICIALS CONTACT
Lance Sanchez 901-277-0119	Alissa Kojima southernzone.sr.entries@gmail.com	Wade Kojima wkojima@comcast.net

QUALIFYING PERIOD AND ENTRY DEADLINE

Swimmers must have attained the qualifying time between January 1, 2022 and July 23, 2023. Swimmers who have attained a Phillips 66 National LCM or SCY cutoff in this same time period may not enter those events nor swim those strokes/distances on relays. Times must have been achieved at a USA Swimming sanctioned, approved, or observed meet or at an NCAA or High School meet with publicly posted results.

An events file for organizing entries will be posted on Shockwave (shockwaveaquatics.com) and MS Swimming, Inc. websites (msswim.org) and will also be available via email request at southernzone.sr.entries@gmail.com.

Entries will be accepted starting July 5, 2023

Entry Deadline: 11:59 AM Central Daylight Time (CDT) Friday, July 21, 2023

On time entries should be submitted via email to southernzone.sr.entries@gmail.com using a Hytek TM entry file or similar compatible format. Paper entries will not be accepted.

Swimmers achieving a qualifying standard in an event after the entry deadline may enter that event at regular entry fees by submitting these entries to southernzone.sr.entries@gmail.com.

New Entries Open: 12:01 AM CDT, Sunday, July 23, 2023

New Entries Close: 8:59 PM CDT, Monday, July 24, 2023

There are no relay standards and teams may enter with aggregate or estimated times.

HOST Shock Wave Aquatics <http://www.shockwaveaquatics.com>

FACILITY AND POOLS

Indoor 8 lane (M) 16 lane (Y), 50 meter by 25 yard competition pool. The competition venue for short course has two eight lane courses, minimum width 9'. The competition depth ranges from 4'9" to 12'4". The short course yard pool setup includes up to 16 lanes, six inch Competitor lane lines, 4'9" minimum depth, with one movable bulkhead. Equipment includes Paragon Track Start Competitor blocks and Colorado backstroke ledges. Continuous warm down area will be provided. On deck bleachers (for seating up to 500 swimmers only) and first aid will be provided. Timing: Colorado Time System Gen7, Colorado Aquagrip pads, Colorado System Full Matrix LED Scoreboards, and Hy Tek Meet Manager.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

REGISTRATION

All swimmers must be registered with USA Swimming or their home country prior to the entry deadline. There will be no USA Swimming on-deck registration available at this meet. If a swimmer wishes to enter this meet from outside the US, then USA Swimming must issue an invitation, so the entry process will have to start early.

If a swimmer who is not properly registered with USA Swimming, competes in a sanctioned competition, MS Swimming will impose a fine of \$100.00 per event against the individual, member coach or member club submitting the entry.

USA Swimming registration and entry times will be confirmed with a SWIMS recon. Each club is responsible for the proper registration of its swimmers. Unattached swimmers are responsible for their own registration. Teams and swimmers are responsible for any fines that the host LSC may impose for registration violations.

ELIGIBILITY

This meet is open to any USA Swimming registered swimmer representing a USA Swimming member club/LSC within the Southern Zone who has met the qualifying requirements as stated in this document. It is also open to swimmers, not from the USA, as long as no USA registered swimmer is denied entry due to meet size.

BONUS EVENTS

Bonus events are offered at this meet. Swimmers may enter two bonus events per one qualifying event entered, subject to daily and meet event limits. Bonus events should be entered by selecting the Bonus check box in your entry software. The 800 and 1500 Freestyles cannot be entered as bonus events.

RELAY EVENTS

All relay swimmers must be entered in at least one qualifying event. No relay only swimmers may be entered.

50's

The corresponding 100 qualifying times will be used to qualify for and enter the 50M Breaststroke, Butterfly, and Backstroke events.

ENTRY LIMITS

Swimmers may enter and swim a maximum of three (3) individual events per day and six (6) individual events for the meet. Time trials count toward the swimmer's daily limit but not toward the meet limit. To make room for a time trial, scratches must be received by the Admin Referee prior to the start of the session in which the event is conducted in order for the event not to count toward a swimmer's daily event limit.

Teams may enter as many relays as they like; however only those designated A and B will be allowed to score. Other relays should be designated as exhibition.

ENTRY FEES

Make checks payable to the host team. All fees are non-refundable. Payment in full by cash or check is due no later than the finish of warm-ups on Wednesday, July 26, 2023. Any alternate payment arrangements must be negotiated with the Meet Director. *Do not mail checks to the Tupelo Aquatic Center.

Individual Event	\$15.00 per event
Relays	\$30.00 per relay
LSC surcharges	\$10.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Time Trials events	\$15.00/30.00 per event/relay
Late Entry Fee	\$20.00/\$40.00
SZ Meet Surcharge	\$5.00 per swimmer

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. For facility rules, please visit the swimtupelo.com website under Splash Brochure. Additional facility rules can be found at the end of this meet invitation. Posted facility rules and local ordinances will be observed to ensure the safety of all participants. Coaches and swimmers are expected to be familiar with these rules.

ADJUSTMENTS

The Meet Committee may make adjustments to the meet events by agreement of the majority of the coaches attending the meet. Any adjustments by the host prior to the start of the meet will be with the concurrence of the SZ Senior Chair.

GENERAL MEETING

The General Meeting will be held in the Cadence Bank Room at the Aquatic Center and also via Zoom Tuesday at 7:00 PM CST. Teams are responsible for knowing and complying with information distributed and decisions made at the General Meeting.

SCHEDULE: Unless noted otherwise, deadlines will be in local time (CDT).

Session	Day	Warm-up	Meet Start
OPEN Pool Hours	Tuesday For other hours, teams may contact Barbara Aguirre (barbara.aguirre@tupelo.ms.gov)	12-6:30 PM	*
	General Meeting - TUESDAY (in person and via Zoom)	7:00 PM CDT	*
1	Wednesday Prelims	6:45-8:15 AM	8:30 AM
2	Wednesday Mid-Day	1:00 PM	2:00 PM
3	Wednesday FINALS	3:30-4:45 PM	5:00 PM
4	Thursday Prelims	6:45-8:15 AM	8:30 AM
5	Thursday FINALS	3:30-4:45 PM	5:00 PM
6	Friday Prelims	6:45-8:15 AM	8:30 AM
7	Friday FINALS	3:30-4:45 PM	5:00 PM
8	Saturday Prelims	6:45-8:15 AM	8:30 AM
9	Saturday FINALS	3:30-4:45 PM	5:00 PM

SAFETY AND SAFE SPORT

The MS Swimming, Inc. Safety Program is in effect for this meet. Coaches are advised to supervise their swimmers at all times. Only feet first entry into warm down lanes at all times and during warm ups except during specific warm ups periods while under the direct supervision of a certified coach. No glass is allowed in the pool area or locker rooms at any time. Running and horseplay will not be allowed. As at

any pool, the deck may be slippery and caution should be taken to prevent accidents. Swimmers are not allowed in pool equipment rooms or work out rooms. Fire exits, doorways, passages, and air ducts may not be blocked.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Flash photography of any kind at the start of a race is prohibited. No recording or photographic devices may be used behind the blocks without Meet Referee approval.

Deck changes are prohibited.

Unless approved in writing in advance of the competition by the Vice President Operations, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Registered swimmers attending the meet without a USA Swimming member coach, must request the Meet Director to assign them to a USA Swimming member coach attending the meet or arrange for their own supervising member coach and inform the Meet Director.

Only meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck. No spectators are allowed on deck at any time.

Team photographers must be USA Swimming members and must receive permission from the Tupelo Aquatic Center Director to be on deck. All media and City of Tupelo personnel, and team photographers must check in daily to receive a deck credential.

Parents needing access to their athlete during the meet in a closed deck environment can contact their children directly via cellphone and arrange to meet them in the facility lobby or contact the facility front desk for assistance.

Lifeguards will be on duty during the entirety of the meet. AED equipment is available and located outside the lifeguard office and also in the first aid room at the southwest side of the natatorium.

Front restrooms, located in the lobby area, are for SPECTATORS, COACHES AND OFFICIALS ONLY.

LOCKER ROOMS ARE FOR ATHLETES ONLY. Adults are prohibited from locker rooms.

Officials and coaches are to use the family bathrooms located by the small pool or the front lobby bathrooms.

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

SEEDING

The conforming time standard for this meet is long course meters (LCM). Swimmers will be seeded in the order of LCM/SCM/SCY, all qualifiers then all bonus swimmers. Swimmers will be seeded and swim from slow to fast unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee. All events 200M and shorter will be pre-seeded.

POSITIVE CHECK-IN PROCEDURES

A positive check in, located at the Clerk of Course, will be required for these events. Swimmers who do not positively check in may not be seeded in the event.

- 800 Freestyle
- 400 Individual Medley
- 400 Freestyle
- 1500 Freestyle
- All Relays *

POSITIVE CHECK-IN DEADLINES

EVENT	DAY	TIME
Positive check in 800 Freestyle	Wednesday	7:45 AM
Positive check in 200 Medley relays*	Wednesday	7:45 AM
Positive check in MIXED 200 Medley relays*	Wednesday	4:15 PM
Positive check in Mixed 200 Freestyle relays*	Thursday	7:45 AM
Positive check in 400 Individual Medley	Thursday	7:45 AM
Positive check in 800 Free relays*	Thursday	4:15 PM
Positive check in 200 Free relays*	Friday	7:45 AM
Positive check in 400 Free	Friday	7:45 AM
Positive check in 400 Free relays*	Friday	4:15 PM
Positive check in 1500 Free (AM/PM Option - swims SAT)	Friday	7:00 PM
Positive check in 400 Medley relays*	Saturday	4:15 PM

*Turning in Relay cards constitutes Positive check-in for relays but order may be changed with the Admin Ref or the head lane timer up until the relay swims.

SCRATCH PENALTIES

There is no penalty for failure to compete in pre-seeded preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three events per day limit and six events per meet limit. There is no penalty for failure to compete in relay events.

A swimmer who is properly checked in for a deck seeded individual event, been seeded, and fails to compete in said event, shall be barred from competition for the rest of the day unless excused by the Meet Referee or a fine of \$25 is paid to the Admin Referee.

Swimmers initially qualifying for an A, B, C or D Final who neither scratch with the Administrative Referee nor declare their intent to scratch within 30 minutes after the announcement of qualifiers for that event are considered checked in. Checked in swimmers who fail to compete in Finals shall be barred from competition for the rest of the meet unless excused by the Meet Referee. In order to field full Finals heats, swimmers who qualify in the top 50 and have no intention of swimming in Finals should indicate this by scratching.

FORMAT

Individual Events: All individual events 400M or less will be conducted as preliminaries and finals including the 400 Individual Medley and the 400 Freestyle, which will be deck seeded after positive check in. The 800 Freestyle and the 1500 Freestyle will be conducted as timed finals and will be deck seeded after positive check in.

Finals: There will be A Final, B Final, C Final, and D Final heats. The Finals heats will be swum in the following order: D Final, C Final, B Final, and A Final. Only the A, B, and C Finals will be scored. All Finalists should report to the blocks. A Finalists will be announced behind the blocks and B, C, and D finalists will be announced in the water. Alternates should report to the starter prior to the start of the event and will swim in D Final should no shows occur.

400 Free: The 400 Free events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top two heats) then the fastest three women's heats will swim, then the fastest three men's heats, then the remaining heats will swim alternating women and men.

400 IM: The 400 IM events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top two heats) then the fastest three women's heats will swim, then the fastest three men's heats, then the remaining heats will swim alternating women and men.

800 Free: The 800 Free events will be conducted as timed finals and will be deck-seeded after positive check in. The heats will swim fast to slow, alternating women and men. Swimmers must provide their own counters. Swimmers may be required to provide their own timers.

FORMAT -con't

1500 Free: The 1500 Free events will be conducted as timed finals and will be deck-seeded after positive check in. Swimmers may indicate AM/PM preference. Swimmers who do not indicate a preference will be seeded in the morning. The fastest heat of positively checked in swimmers of each gender who select PM will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session following the last event, fast to slow alternating women and men. Swimmers must provide their own counters. 1500 swimmers in the morning session may be required to provide their own timers.

Relays:

- The 800 Free relays and 200 Mixed relays will swim fast to slow.
- For all other relays, the fastest two heats of women will swim slow to fast, followed by the fastest two heats of men swum slow to fast, with remaining heats swum fast to slow alternating women and men.
- Mixed relays will be made up of two women and two men.

CHASE STARTS, 2 PER LANE DISTANCE, DISTANCE EVENTS, OTHER

Based on entries, the Meet Referee, with the concurrence of the Meet Director, the SZ Officials Coordinator (or designee), and the SZSR Chair (or designee), may elect to use chase starts and swim individual freestyle events of 400M or longer 2-per-lane to manage timelines. Coaches will be informed of these decisions and the procedures that will be followed at the General Meeting.

The Meet Referee may combine heats and events as necessary. Fly/dive over starts may be used and breaks may be added at the Meet Referee's discretion.

The 800 Free and 1500 Free heats swum in the prelims sessions will be scheduled to start so as to conclude 30 minutes before FINALS warm up.

SCORING

The A, B, and C finalists and the top 24 places in timed finals events will score points as below. The D finalists will not be scored.

Individual: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay events will score double.

AWARDS

Individual and Relay Awards: Medals for 1st through 8th place for individuals and relay events. All A Finalists and Top 8 relays should report to the podium to receive their awards immediately following the conclusion of the evening's individual events. Any changes to award ceremony procedures will be announced at the General Meeting.

Team Awards: Plaques for 1st through 3rd place combined, men's, and women's teams will be presented at the conclusion of the meet.

HEAT SHEETS AND RESULTS:

Heat sheets will be available for purchase at the Aquatic Center concession stand. Each session heat sheet will be \$2.00 each.

Results will be posted on Meet Mobile. Live streaming will be available via Live Barn. The Live Barn Link will be posted on the Shockwave website, MS Swimming, Inc. website and the Tupelo Aquatic Center Facebook page closer to the event start date.

Results will be posted on the Shockwave website and MS Swimming, Inc. website within 24 hours of the meet's conclusion and teams will be emailed their results.

WARM-UP PROCEDURES

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warmup procedures. Specific warmups will be offered in the main competition pool thirty minutes before the session begins during which at least two lanes will be assigned as pace lanes and at least two lanes will be assigned as one-way race start lanes. Meet Management reserves the right to change warm up times according to the number of entries. During the competition, there will be at least five (5) lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direct supervision of a certified coach.

TIME TRIALS

Time Trials will be offered for properly entered swimmers after each Preliminary session, time permitting and at the Meet Referee's discretion. Time trial sessions and procedures will be confirmed at the General Meeting. Time Trials count toward a swimmer's three events per day event limit. Signups for each day's Time Trials will close at 10:00 AM. Time trial order will follow national protocol except for the 50's, which, according to facility preference and Meet Referee discretion, may be offered as the first or last events of the time trial session. The 800 and 1500 Frees may be offered in only one of the time trial sessions to be determined by the Meet Referee. Furthermore, the Meet Referee may elect to offer open lanes in the slowest heats of the 1500 on Saturday to 800 and 1500 time trial swimmers.

Time Trial fees are \$15.00 per individual event and \$30.00 for relays payable in cash at sign up. Swimmers must provide their own timers and counters for Time Trials. Time Trials will begin no later than 15 minutes after the preliminary session conclusion.

SWIMMERS WITH DISABILITIES:

All swimmers with a disability (swads) must meet the Zone Parallel Time Standards in every event they wish to participate in the meet.

Coaches with swimmers with a disability (swads) competing must notify the Entry Chair with their entry and the Meet Referee prior to the meet

COACHES:

All coaches on deck must be registered and certified with USA Swimming. Deck Pass is acceptable proof of USA Swimming membership. Meet Management will require all coaches to show photo ID and proof of current certification/ registration to receive a meet credential. Coaches must display their meet credentials or have easy access to their printed or virtual USA Swimming membership card at all times while on deck. There may be coaches' meetings at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

TIMERS

Volunteer timers from visiting teams are welcome. The host team may elect to assign timing slots to visiting teams based on entries. If so, coaches will be informed of their teams' assignments shortly after the entry deadline. This information will also be included in the heat sheet and posted at the pool.

OFFICIALS

Officials will be required to show proof of current USA Swimming membership and certification. Deck Pass is acceptable proof of USA Swimming membership. There will be an officials' meeting 1 hour prior to each session in the Cadence Bank room. All USA Swimming certified officials are welcome. Online Application to Officiate form is available on the Southern Zone website

<https://www.gomotionapp.com/team/szsc/page/officials/applications>

Officials who want to work as S&T Judges are encouraged to apply but are not required to do so.

CJs/Starters/Referees: Officials who are interested in being considered for assigned positions should indicate that on their Application to Officiate form found on the Southern Zone website:

<https://www.gomotionapp.com/team/szsc/page/officials/applications> by June 12th.

Uniform for all sessions of this meet is white shirts over khaki bottoms.

National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 all positions and N3 all positions by USA Swimming. Officials wishing to request an evaluation should complete the Application to Officiate form on the Southern Zone website by July 7th.

Officials are required to work a minimum of 4 sessions to be evaluated. Evaluation requirements can be found at www.USASwimming.org.

TECHNICAL / ELIGIBILITY COMMITTEE

The SZ Senior Chair and the Meet Director will appoint a meet committee. It will consist of: the Meet Referee, the SZSR Chair or their designee (Chair), the host coach plus two (2) other coaches and two (2) athletes from five (5) different, randomly

selected clubs. This committee will have jurisdiction over technical protests except for officials' judgment calls. The committee will follow the USA Swimming Rules and Regulations, the SZ Policy & Procedures Manual and the meet information letter always. Immediately upon their selection (and prior to the beginning of competition), the names of the two athlete representatives selected for the meet committee shall be provided to the Zone Athlete Director.

COACHES/OFFICIALS HOSPITALITY

There will be a hospitality area open to all coaches and officials. The hospitality room will be located in the Cadence Bank Room at the Southwest end of the building.

ATHLETE HOSPITALITY

Athlete lunches will be provided by the Tupelo Convention and Tourism Bureau on Wednesday, July 26. Additional information will be available closer to the start of the meet.

CONCESSIONS / APPAREL /SWIMWEAR VENDOR

Concessions, meet apparel and swimwear vendor will be located in the Aquatic Center lobby.

MEDIA

Media meet credentials may be issued to members of the media who show proper identification to the Facility Director. Media agree to comply with Meet Referee direction on deck access and will not interfere with the conduct of the meet in any way.

IMAGE RELEASE

All participants agree to be filmed and photographed by the Zone, LSC, or host team approved photographer(s) and videographer(s) and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the Zone, LSC, or host team's website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

BAD WEATHER:

In case of an "Act of God" or bad weather scenario that jeopardizes a session, the Meet Committee with the Meet Director will make the final decision how the meet will safely proceed.

COMMENTS:

Any comments regarding the conduct of the meet or problems that are not resolved in a satisfactory fashion should be communicated in writing to the Southern Zone Non-Coach Chair or Southern Zone Coach Director.



2023 Southern Zone Swimming Senior Long Course Championship Order of Events

July 26-29, 2023
Tupelo Aquatic Center
Tupelo, MS

	Wednesday Events	
Women's Events	Prelims at 8:30 am, Mid-Day at 2:00 pm, Finals at 5:00 pm	Men's Events
1	800 Freestyle*	2
3	200 Medley Relay	4
5	100 Freestyle	6
7	200 Breaststroke	8
9	200 Backstroke	10
11	200 Butterfly	12
13	50 Breaststroke	14
15	Mixed 200 Medley Relay**	

*The 800 Free will be swum as a timed final, with the fastest heat of women and the fastest heat of men swum during Finals. All other heats will be swum fast to slow, alternating women and men during the Wednesday mid-day session.

** Timed Final event swum during Finals.

Awards to be presented following the 50 Breaststroke during finals.

	Thursday Events	
Women's Events	Prelims at 8:30 am Finals at 5:00 pm	Men's Events
16	Mixed 200 Freestyle Relay	
17	50 Backstroke	18
19	200 Freestyle	20
21	400 IM	22
23	50 Butterfly	24
25	800 Freestyle Relay*	26

*For the 800 Free Relay, the fastest 2 heats of each gender will swim in finals. The rest of the 800 Free Relay heats will alternate women and men, swimming from fast to slow during prelims.

Awards to be presented following the 50 Butterfly during finals.

	Friday Events	
Women's Events	Prelims at 8:30 am Finals at 5:00 pm	Men's Events
27	200 Freestyle Relay	28
29	100 Backstroke	30
31	400 Freestyle	32
33	100 Breaststroke	34
35	100 Butterfly	36
37	400 Freestyle Relay*	38

* Timed Final event swum during Finals.

Awards to be presented following the 100 Butterfly during finals.

	Saturday Events	
Women's Events	Prelims at 8:30 am Finals at 5:00 pm	Men's Events
39	1500 Freestyle*	40
41	200 IM	42
43	50 Freestyle	44
45	400 Medley Relay**	46

*The 1500 Free will be swum as a timed final, with the fastest heat of women and the fastest heat of men swum during Finals. All other heats will be swum fast to slow, alternating women and men during the Saturday mid-day session.

** Timed Final event swum during Finals.

Awards to be presented following the 50 Freestyle during finals.



Southern Zone Senior Championship Time Standards

Qualifying Period: Jan 1, 2022 – Jul 23, 2023

Women			EVENTS	Men		
LCM	SCY	SCM		SCM	SCY	LCM
29.89	26.39	29.09	50 Free	26.19	23.69	26.79
1:05.09	57.19	1:03.19	100 Free	57.09	51.69	59.39
2:20.39	2:03.09	2:16.09	200 Free	2:04.69	1:52.79	2:09.29
4:54.49	5:29.19	4:48.09	400 Free	4:27.89	5:06.09	4:34.19
10:08.99	11:21.19	9:56.09	800 Free	9:15.69	10:34.99	9:35.39
19:29.59	18:57.79	18:51.19	1500 Free	17:37.89	17:44.09	18:11.69
100 Back Times			50 Back	100 Back Times		
1:12.49	1:01.99	1:08.49	100 Back	1:02.09	56.19	1:06.09
2:35.29	2:14.79	2:28.99	200 Back	2:15.99	2:03.09	2:22.69
100 Breast Times			50 Breast	100 Breast Times		
1:21.79	1:11.39	1:18.89	100 Breast	1:10.49	1:03.79	1:13.79
2:57.69	2:34.79	2:50.79	200 Breast	2:33.09	2:18.59	2:41.39
100 Fly Times			50 Fly	100 Fly Times		
1:10.29	1:01.89	1:08.39	100 Fly	1:01.99	56.09	1:03.59
2:34.59	2:16.99	2:31.39	200 Fly	2:17.49	2:04.39	2:21.89
2:38.99	2:18.19	2:32.69	200 IM	2:18.69	2:05.49	2:25.09
5:35.09	4:53.69	5:24.59	400 IM	4:58.69	4:30.29	5:07.29



2023 TIME STANDARDS

PHILLIPS 66 NATIONAL CHAMPIONSHIPS

Qualifying from January 1, 2022 through Entry Deadline



WOMEN

MEN

SCY	LCM		LCM	SCY
22.29	25.79	50 FR	22.79	19.59
48.59	55.89	100 FR	49.89	42.89
1:45.29	2:01.29	200 FR	1:50.09	1:34.29
4:41.59	4:16.09	400/500 FR	3:55.79	4:17.99
9:51.69	8:48.09	800/1000 FR	8:12.99	9:06.79
16:17.59	16:49.19	1500/1650 FR	15:44.89	15:03.59
52.59	1:02.09	100 BK	55.89	46.49
1:54.09	2:14.19	200 BK	2:02.39	1:42.09
1:00.19	1:10.39	100 BR	1:02.49	52.89
2:10.09	2:32.39	200 BR	2:16.29	1:55.09
52.49	1:00.39	100 FL	53.69	46.29
1:56.39	2:14.19	200 FL	2:00.79	1:43.69
1:56.99	2:16.59	200 IM	2:03.49	1:44.49
4:10.49	4:50.79	400 IM	4:25.79	3:45.99

Southern Zone Senior Championships Coach Contact and Entry Summary Forms

Complete the coach contact form, the entry summary/payment form, and the waiver form. Mail/Email forms along with entry fee checks payable to Shockwave Aquatic Team.

*Preferred Method: Please bring payment and forms and turn in at team check-in at the Tupelo Aquatic Center. if needed, mail to: Shockwave Aquatic Team P.O. Box 3423 Tupelo, MS 38803 - do NOT mail to Aquatic Center. Questions? Email: southernzone.sr.entries@gmail.com

Coach Contact Form

Team Name	
Club Code-LSC	
Head Coach	
Head Coach Cell Phone	
Head Coach Email	

Please list all coaches attending this meet to assist with meet communications.

Coach Name	Cell Phone	Email

Southern Zone Senior Championships Event Summary/Payment, Waiver, and Liability Release:

Team Name:		Club Code/LSC:	
Head Coach:			
Coach Cell Phone:		Coach Email:	
Team Address:			

Entry Summary:	Total Swimmers	Total Individual Entries	Total Relay Entries
Women			
Men			
Total Swimmers			

SZ Surcharge per swimmer	\$5.00			
Fees per swimmer/event/relay	\$10.00	\$15.00	\$30.00	
Facility Charge per swimmer	\$20.00			
Total Fees Due	\$	\$	\$	\$

MAKE CHECKS PAYABLE TO SHOCKWAVE AQUATICS. All forms and payment must be received for entries to be considered complete.

*Preferred Method: Please bring payment and the above mentioned forms and turn in at team check-in at the Tupelo Aquatic Center. if needed, mail to: Shockwave Aquatic Team P.O. Box 3423 Tupelo, MS 38803 - do NOT mail to Aquatic Center.

Questions: southernzone.sr.entries@gmail.com

Waiver and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and LSC regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Shockwave Aquatic Team, Tupelo Aquatic Center, City of Tupelo, MS Swimming, Inc. and other relevant parties, USA Swimming Southern Zone, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

TITLE/CLUB/DATE

Necessary Accommodation Form

Swimmer's Name: _____ Meet: _____ DATE: _____

Club _____ LSC _____ Coach: _____ Cell # (at meet) _____

Accommodations needed; please describe.

Modifications needed; please describe.

Session	Event	Heat	Lane	Modification(s) Per Article 105

Examples of Meet Accommodations:

- Towel on block to start.
- Assistance at the block before the start.
- Takes longer to get to block or exit pool.
- Wall lane placement.
- Personal Assistant for mobility or communication.

Examples of Modifications per Art. 105 in accordance with 105.1.2.

- Sitting position on block 105.5.1.E(1).
- Starter's arm signals 105.3.1
- Personal Assistant for mobility, tapper (B/VI) or communication, etc. 105.1.3.C and elsewhere.
- Legs due to immobility are unable to perform Breaststroke Kick 105.5.2.

Please state all requested accommodations. While you are familiar with your athlete, we are not. Things that are obvious to you are not to officials who have never met your athlete.

Parallel Time Standards for Swimmers With A Disability - ZONE																	
Para 1	Girls								P1	Boys							
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	1:37.89	1:37.89	1:29.39	1:29.39	1:22.89	1:22.89	1:21.59	1:21.59	50 FR	1:33.29	1:33.29	1:24.29	1:24.29	1:18.29	1:18.29	1:15.29	1:15.29
	3:25.49	3:25.49	3:07.69	3:07.69	2:53.99	2:53.99	2:51.19	2:51.19	100 FR	3:30.59	3:30.59	3:10.29	3:10.29	2:56.69	2:56.69	2:49.89	2:49.89
	8:12.49	8:12.49	7:29.39	7:49.39	6:56.59	6:56.59	6:50.09	6:50.09	200 FR	5:46.79	5:46.79	5:13.19	5:13.19	4:50.89	4:50.89	4:39.69	4:39.69
	1:55.89	1:55.89	1:45.79	1:45.79	1:38.09	1:38.09	1:36.59	1:36.59	50 BK	1:17.89	1:17.89	1:10.39	1:10.39	1:05.39	1:05.39	1:02.79	1:02.79
	3:32.99	3:32.99	3:14.59	3:14.59	3:00.39	3:00.39	2:57.49	2:57.49	100 BK	2:50.19	2:50.19	2:33.69	2:33.69	2:22.69	2:22.69	2:17.29	2:17.29
	1:47.29	1:47.29	1:30.99	1:37.99	1:30.79	1:30.79	1:29.39	1:29.39	50 BR	1:24.19	1:24.19	1:16.09	1:16.09	1:10.59	1:10.59	1:07.89	1:07.89
	5:05.89	5:05.89	4:39.39	4:39.39	4:18.99	4:18.99	4:14.99	4:14.99	100 BR	4:04.19	4:04.19	3:40.59	3:40.59	3:24.89	3:24.89	3:16.99	3:16.99
	2:52.49	2:52.49	2:37.49	2:37.49	2:25.99	2:25.99	2:23.69	2:23.69	50 FL	2:37.89	2:37.89	2:22.59	2:22.59	2:12.39	2:12.39	2:07.29	2:07.29
	7:07.49	7:07.49	6:30.39	6:30.39	6:01.89	6:01.89	5:56.19	5:56.19	150 IM	7:02.79	7:02.79	6:21.89	6:21.89	5:54.59	5:54.59	5:40.99	5:40.99

Parallel Time Standards for Swimmers With A Disability - ZONE																	
Para 2	Girls								P2	Boys							
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	53.29	56.09	48.79	51.29	45.19	47.49	44.49	46.79	50 FR	50.69	53.39	45.79	48.19	42.59	44.75	40.89	43.09
	1:58.69	2:04.89	1:48.39	1:54.09	1:40.49	1:45.69	1:38.89	1:44.09	100 FR	1:51.89	1:57.69	1:40.99	1:46.39	1:33.99	1:38.79	1:30.19	1:34.99
	4:04.29	4:17.09	3:43.09	3:54.79	3:26.59	3:37.69	3:23.59	3:34.29	200 FR	3:56.59	4:09.09	3:33.69	3:44.99	3:18.59	3:28.89	3:10.79	3:20.89
			9:17.49	7:35.09	8:25.49	6:52.59	8:17.49	6:46.09	400/500 FR			8:59.39	7:20.29	8:20.79	6:48.79	8:01.59	6:33.09
	1:04.79	1:08.19	59.19	1:02.29	54.89	57.69	53.99	56.79	50 BK	57.39	1:00.39	51.79	54.49	48.19	50.69	46.29	48.69
	2:29.89	2:37.69	2:16.89	2:24.09	2:06.89	2:13.49	2:04.89	2:11.39	100 BK	2:32.89	2:40.89	2:09.69	2:16.49	2:00.59	2:06.79	1:55.79	2:01.89
			4:42.39	4:57.19	4:21.79	4:35.49	4:17.69	4:31.19	200 Bk			4:03.49	4:16.29	3:46.09	3:57.99	3:37.39	3:48.79
	1:07.69	1:11.19	1:01.79	1:04.99	57.29	1:00.29	56.39	59.29	50 BR	1:04.99	1:08.39	59.19	1:01.79	54.59	57.39	52.39	55.19
	2:29.99	2:37.89	2:16.99	2:24.19	2:05.19	2:13.69	2:05.09	2:11.59	100 BR	2:24.09	2:31.69	2:10.19	2:16.99	2:00.99	2:07.19	1:56.19	2:02.39
			5:00.09	5:15.79	4:38.19	4:52.79	4:33.79	4:48.19	200 BR			4:40.89	4:55.69	4:20.99	4:34.59	4:10.79	4:23.99
	1:05.29	1:08.69	59.59	1:02.69	55.19	58.09	54.39	57.19	50 FL	52.49	55.29	47.39	49.89	44.09	46.39	42.39	44.59
	2:47.69	2:56.49	2:33.19	2:41.19	2:22.09	2:29.49	2:19.79	2:27.09	100 FL	2:44.69	2:53.29	2:28.69	2:36.59	2:18.29	2:25.39	2:12.79	2:19.79
	5:11.09	5:27.39	4:44.09	4:58.99	4:23.39	4:37.19	4:19.19	4:32.79	200 IM	4:53.49	5:09.89	4:25.09	4:38.99	4:06.29	4:19.09	3:56.69	4:09.19

Parallel Time Standards for Swimmers With A Disability - ZONE																	
Para 3	Girls								P3	Boys							
	10 U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	41.39	45.89	37.79	41.89	34.99	38.79	34.39	38.19	50 FR	37.39	41.49	33.79	37.49	31.39	34.79	30.09	33.49
	1:28.09	1:37.79	1:20.39	1:29.29	1:14.59	1:22.79	1:13.39	1:21.49	100 FR	1:21.19	1:30.19	1:13.39	1:21.49	1:08.29	1:15.79	1:05.49	1:12.79
	3:37.09	4:01.19	3:18.29	3:40.29	3:03.79	3:24.19	3:00.89	3:20.99	200 FR	3:05.69	3:26.29	2:47.69	3:06.39	2:35.79	2:53.09	2:29.79	2:46.39
	8:14.09	7:14.29	7:31.29	6:36.69	6:58.29	6:07.69	6:51.69	6:01.89	400/500 FR	8:01.09	7:02.89	7:14.39	6:21.89	6:43.49	5:54.69	6:27.89	5:40.99
			17:06.19	14:33.39	15:58.09	13:35.39	15:44.49	13:23.79	800/1000 FR			17:08.19	14:34.99	15:54.69	13:32.49	15:17.89	13:01.19
			30:59.39	29:02.59	29:03.69	27:13.89	28:40.09	26:52.09	1500/1650 FR			31:47.89	29:48.09	29:31.59	27:40.29	28:23.49	26:36.49
	52.19	57.89	46.89	52.09	42.99	47.69	42.19	46.79	50 BK	42.79	47.59	38.69	42.99	35.99	39.89	34.59	38.39
	1:45.49	1:57.19	1:36.38	1:47.09	1:29.39	1:39.29	1:27.99	1:37.69	100 BK	1:30.29	1:40.29	1:21.59	1:30.59	1:15.69	1:24.09	1:12.79	1:20.89
			3:57.09	4:23.39	3:36.89	4:00.89	3:32.79	3:56.39	200 BK			3:15.59	3:37.29	3:01.69	3:21.79	2:54.59	3:13.99
	52.69	58.49	47.49	52.69	43.39	48.19	42.59	47.29	50 BR	46.79	51.99	42.29	46.99	39.29	43.59	37.79	41.89
	1:52.29	2:04.69	1:42.59	1:53.89	1:35.09	1:45.59	1:33.49	1:43.89	100 BR	1:43.89	1:55.39	1:33.79	1:44.29	1:27.19	1:36.79	1:23.79	1:33.09
			3:49.99	4:15.49	3:30.39	3:53.69	3:26.39	3:49.29	200 BR			3:25.39	3:48.19	3:10.79	3:31.89	3:03.39	3:23.79
	47.39	52.59	42.59	47.29	38.99	43.29	38.29	42.49	50 FL	40.59	45.09	36.69	40.79	34.19	37.89	32.79	36.39
	1:35.39	1:45.89	1:27.09	1:36.69	1:20.69	1:29.59	1:19.39	1:28.19	100 FL	1:25.39	1:34.89	1:17.19	1:25.69	1:11.69	1:19.59	1:08.89	1:16.49
			3:45.69	4:10.69	3:26.39	3:49.29	3:22.49	3:44.99	200 FL			3:15.19	3:36.89	3:01.29	3:21.39	2:44.29	3:13.69
	3:43.19	4:07.89	3:23.79	3:46.39	3:08.99	3:29.89	3:05.99	3:26.59	200 IM	3:16.99	3:38.89	2:57.99	3:17.69	2:45.29	3:03.59	2:38.89	2:56.49
			8:12.89	9:07.59	7:30.79	8:20.79	7:22.29	8:11.39	400 IM			7:13.39	7:46.79	6:30.49	7:13.79	6:56.79	6:56.79

HOTELS: <https://www.tupelo.net/stay/>

RESTAURANTS: <https://www.tupelo.net/food-drink/>

ADDITIONAL FACILITY RULES:

Team Banners may be placed on the stadium railing using plastic zip ties.

Taping posters, banners or signs on any surface of the Aquatic Center is prohibited.

NO WEAPONS allowed in the building. The use of all tobacco products, including smokeless tobacco and vaping, is prohibited.

No smoking within 25 feet of any entrance of the Tupelo Aquatic Center. No alcoholic beverages or drugs allowed.

No running. No boisterous or rough play, improper conduct causing undue disturbances in or around the pool area or any acts which would endanger any patron. This also applies to the entire facility and grounds.

No expressions of physical or verbal abuse to any staff member or other user of the facility will be allowed. No profanity. No misuse of equipment. No public displays of affection.

Tupelo Aquatic Center is not responsible for lost or stolen items.

No fundraising on City of Tupelo property.

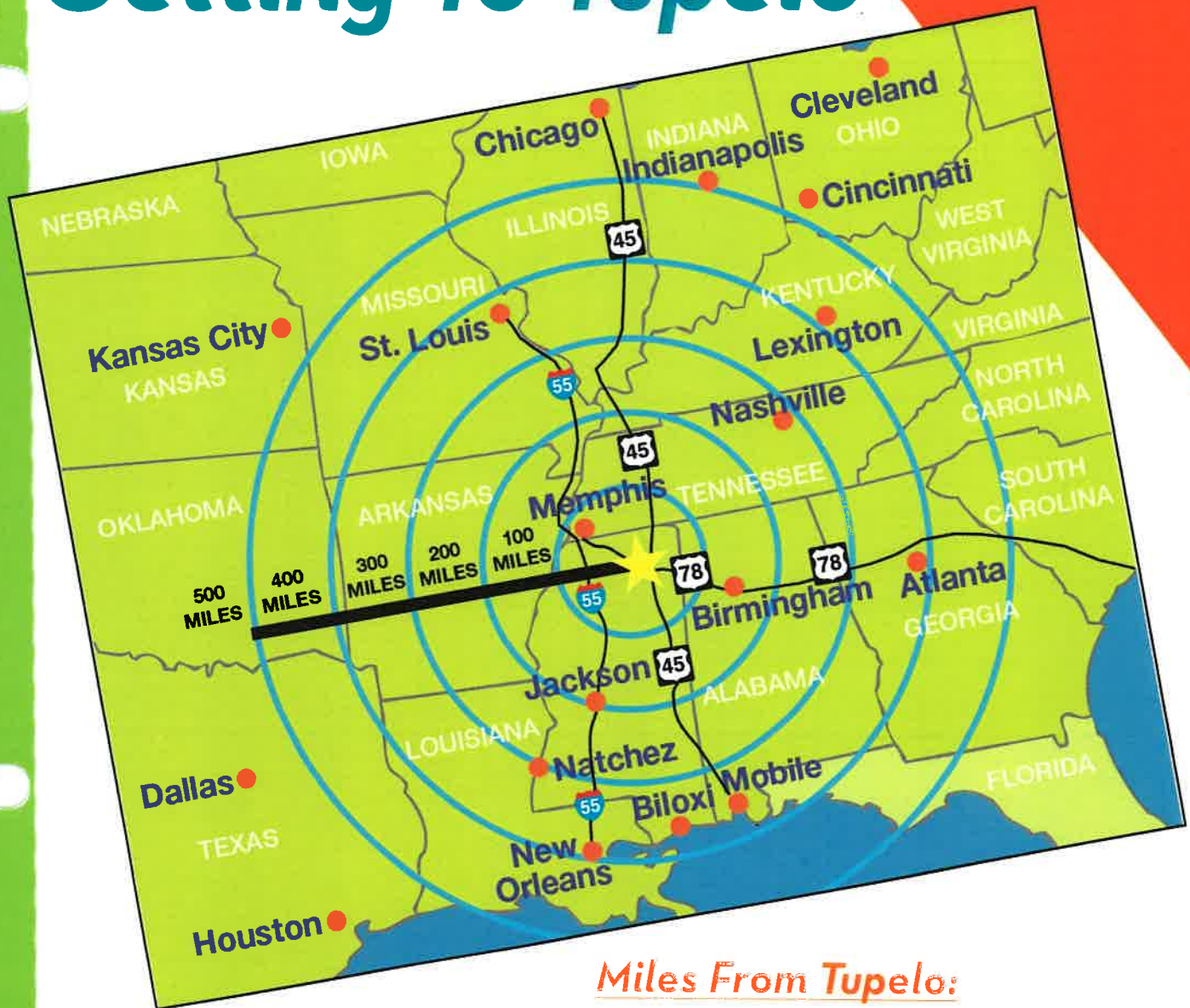
Writing on walls of bathrooms is prohibited and will result in dismissal from the facility, and payment for repair will be required.

Gum chewing is NOT permitted anywhere in the pool area for health and safety reasons.

Please only park in designated parking spaces. Parking on the grass or curbs is prohibited. Cars will be towed if found in violation at the owners expense. Buses will have designated parking in the north end of the parking lot.

No leaning or loitering on the stadium railing overlooking the pool. This will be strictly enforced.

Getting To Tupelo



Miles From Tupelo:

Tupelo is located in northeast Mississippi and easily accessible by U. S. Highways 45, I-22, and the historic Natchez Trace Parkway.

Memphis	90	Fulton	24
Birmingham	135	Pontotoc	18
Jackson	170	Corinth	51
New Albany	27	West Point	48
Columbus	64	Holly Spring	60
Starkville	66	Olive Branch	86
Oxford	51		



Airline Service

Airline service in Tupelo is provided through Tupelo Regional Airport. For more information on flight providers and schedule, visit www.flytupelo.com, or call the airport at 662-841-6570.



Car Rentals

Budget Car Rentals at Tupelo Regional Airport
1-800-527-0700/662-840-3710

Hertz Car Rentals at Tupelo Regional Airport
662-680-9482/1-800-654-3131

Enterprise Rent-A-Car[®]
551 Daybrite Drive
1-800-RENT-A-CAR/662-842-2237

U-Save
1973 Cliff Gookin Boulevard
662-840-8888



Taxi Services include:

Metro Cab (662-523-3800)
AAA Taxi Cab (662-871-8998)
Yellow Cab (662-840-4300)



Bus Service

Bus service is provided by Greyhound located at 1074 North Eason Boulevard at NJ's Supermarket, 662-842-4557 or 1-800-231-2222.



Climate

The climate of Tupelo is mild with average summer highs of 92 degrees and lows of 68 degrees. Average winter temperatures range from highs of 54 degrees to lows of 32 degrees.



In Case of Emergency

North Mississippi Medical Center is located at 830 South Gloster Street. Seek emergency medical service by calling the emergency room at 662-377-4157 or an ambulance service by calling 662-377-4159 or by dialing 911.