



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

Eligibility and Qualifying-

- Qualifying athletes 12 and under are individuals who have achieved the top three fastest times in an event within the qualifying period.
- Athletes 12 years of age or younger who have achieved a qualifying time in an individual event for any of the below mentioned meets but have not competed in that event at the stated meet, may enter and compete in that event in an EZ AG Championship meet.
- Qualifiers for 13 and older athletes are individuals who have achieved the top two fastest times in an event within the qualifying period.
- Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the following meets prior to the entry deadline for the EZ meet, may not enter and compete in an EZ AG Championship meet,
- Athletes who have competed in an Individual Event at the following meets are ineligible to enter and participate in the EZ AG Championship meet:
 - USA Swimming National Championships,
 - USA Swimming Spring Championships,
 - U.S. Open,
 - USA Swimming Junior Championships
 - USA Swimming Trials Class meet

-The qualifying period starts at the Eastern Zone Short Course Age Group Championship meet in March of last year and concludes at the end of Senior and Age Group Championships this year.

-All athletes must be registered members of VSI and USA Swimming. Additional information regarding qualifying standards and policies can be found in the Eastern Zone Manual at Easternzoneswimming.org.

To find out if you or your athlete has a qualifying time please go to Virginia Swimming's Top Ten list. There are times when an athlete with a top time cannot attend, in this situation we continue down the list until we have filled all the vacancies on the team.

Cost- A fee is assessed for the trip that includes entry fees, bus transportation, lodging, breakfast and dinner each day. The trip fee cost is \$300.00. Checks (made out to Virginia Swimming Inc.) and cash are the only acceptable forms of payment. Lunch is not included; please make sure the athletes have lunch money. It's a good idea for the athletes to bring along additional money for meet shirts, snacks and incidentals. Uniforms are not included in this fee and are ordered separately through an on-line vendor.

Registration- Registration takes place at Senior and Age Group Championships Saturday and Sunday starting at noon and until the conclusion of finals on Sunday evening in The Zone Room. Please make sure you have your check book or cash for the trip fee.

The following forms are available on the Virginia Swimming website and must be signed and filled out in their entirety. These forms will be available at registration in the Zone Room and on-line.

- Athlete Code of Conduct
- Medical Release, to include athlete's medical insurance information

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

The following cell phone policies will be implemented for this trip:

Cell phone 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.

The following Disciplinary Plan will be implemented if a Code of Conduct is violated.

- 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.

Itinerary- The Team's itinerary will be posted on the Zone Team page at VirginiaSwimming.org after Age Group Champs when the host team has had an opportunity to complete the meet entries and develop a timeline and establish our practice time on Wednesday night. Our Itinerary will have an hour by hour detail of each day during our trip to include accommodations, transportation departure times and arrival times. PLEASE READ IT CAREFULLY!

FOR PLANNING PURPOSES ONLY, based on our trip to Rochester last year, (this is subject to change because we have not received our Wednesday evening practice time from the host team) please use this as a guide line for departure on March 30th.

4:45am - Newport News leg departs for Fredericksburg (1 bus)

5:45am - Richmond leg departs for Fredericksburg (1 bus)

7:00am - Fredericksburg leg departs for Aquatic Center (3 buses)

Team Gear- PLEASE READ CAREFULLY!!!

Uniforms will be available at Metroswimshop.com through a team portal. Team registration and portal directions will be posted on the Zone Team Page of Virginiaswimming.org. Credit Cards are the only acceptable form of payment for the uniform.

The **ORDER DEADLINE IS 3:00 PM, MONDAY MARCH 14th**. The uniform will be delivered to your home via UPS.

Instructions for ordering your uniform and equipment are posted on the Zone Team page of our website.

A sizing kit will be available at Senior and Age Group Champs. Athletes can come into the Zone Team room anytime during registration to try on uniform pieces. Sizing forms will be available at sign ups.

The Team Uniform consists of the following items;

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| • Speedo Sonic Warm Up Suit | \$77.20 |
| • Virginia Swimming Towel | \$33.00 |
| • 1 Virginia Swimming short sleeve t-shirt | \$10.95 |
| • 1 Virginia Swimming long sleeve t-shirt | \$9.45 |
| • 1 Speedo Aquablade swim suit | \$39.50 Female, \$31.50 Jammer, \$20.00 Brief |
| • 1 pair men mesh shorts | \$16.00 |
| • 1 pair women cheer shorts | \$12.00 |
| • Speedo Pro Team Backpack (optional) | \$39.50 |
| • Delivery charge | \$8.95 |

Caps will be provided at the meet. All uniform pieces with the exception of t-shirts are embroidered with VIRGINIA SWIMMING.

Uniform attire is to be worn at all times outside of the hotel. Individual team attire is not permitted.

Please ensure uniform pieces are labeled with athlete's name.

Wednesday, March 30th, travel attire is- Warm ups and red t-shirt!

Meet Support- Parents this is an opportunity for you to support our athletes as a spectator, official, timer or chaperone. Your help is greatly appreciated, and required in order for us to participate. It takes the work of many to make this trip successful. If you plan on officiating or are trying to achieve N2 Certification please contact the meet referee and the VSI Officials Chair for reimbursement. We are required to provide timers for this meet, if you are attending please make yourselves available to assist in this capacity. We encourage parents to volunteer as chaperones for this trip. It is a fun and less expensive experience for parents who are planning on attending. Please contact the Team Manager for information at zoneteammgr@virginiaswimming.org.

Finally as a spectator, cheer on the athletes and send your snapshots to the VSI Webmaster to be posted on the VSI Website.

Team Travel Policies-This meet is considered TEAM TRAVEL and we treat it as such. All athletes are committed to traveling with the team on the busses to and from the meet as a group. We bring all but our 10 and under athletes back to the pool for the finals session each night to support and cheer on their team mates. By accepting a place on the Zone Team you are committing yourself to the team and will be available for the entire meet.

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. We do however want you to share in the Zone Team experience with your child and invite you to join us for lunch daily.

It is the policy of the facility that for the athlete's safety during competition athletes are not permitted in the stands. All athletes are required to sit and stay together on deck. Parents and spectators are not permitted on deck. Spectator seating is available.

Athlete Pick Up Procedure - If you will be picking up an athlete after the team banquet on Saturday evening the following procedure is to be followed. Please give us plenty of notice so we can pre-plan our departure as efficiently as possible.

Please advise the Team Manager "**prior**" to Saturday that you will be taking an athlete home.

Chaperones will have release forms available for you to fill out and sign. If someone other than the parent/guardian of an athlete will be taking an athlete home, the parent/guardian of the athlete is asked to contact the team manager for verification.

The athletes and their luggage may be picked up at the conclusion of the team banquet immediately following the meet.

Inquiries- If you have questions or need additional information please contact the Zone Team Manager

zoneteammgr@virginiaswimming.org.