



Western Zone Age Group Championships

August 7-10, 2013

Hosted by California Capital Aquatics

Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction Number: 9-13

Enter online at: <http://ome.swimconnection.com/meets>

Sanction:

Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction Number:

According to 202.4.13, "In granting this approval, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

According to 202.3.4.A, "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. 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."

Meet Director:	Peter Votava	meetdirector@ccaswimming.org
Information:	Denna Culpepper	dcculpepper@surewest.net
Meet Referee:	Doug Wertz	
Admin Referee:	Niffey Carmody	
Head Starter:	Rebecca Landre	
Entry Deadline:	Wednesday July 31, 2013	

Location:

Roseville Aquatics Complex

Traveling on I-80, exit Highway 65 North; take the Pleasant Grove exit; go west on Pleasant Grove to Woodcreek Oaks Blvd and turn left, the Aquatic Complex will be on the right side:
3051 Woodcreek Oaks Blvd., Roseville, CA 95747.

Facility:

Outdoor, heated 9-lane, 50 meter course with touch pads at both ends. In accordance with 202.3.4.D, the competition course has a pool depth at the start end of 13ft at 3' 3 1/2" and 12ft at 16'5" and at the turn end is 4' 6" at 3' 3 1/2" and 4'6" at 16' 5". An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down. A state of the art Colorado Scoreboard provides a great addition to the competition venue. Locker rooms and rest area are available. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

An LSC must have at least one chaperone in the Athletes' Village to supervise during any time that their athletes(s) are using the athlete village"



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Restrictions:

No overnight parking is allowed by the City of Roseville at the Roseville Aquatics Complex. Smoking and the use of other tobacco products are prohibited in all areas of the meet venue. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area.

Pre-Meet Workouts:

Pool Space will be made available for team workouts on the following dates and times:

Monday August 5 - 2:00pm - 7:00pm

Tuesday August 6 - 9:00am - 7:00pm

The complex is available for supervised warm-up (no marshals present); certified coaches must be on deck for the entire workout. Contact the Meet Director at meetdirector@ccaswimming.org by July 26th, 2013.

Eligibility:

All swimmers entered must be currently registered with USA swimming as an athlete and must be on the LSC entry form. Proof of time shall be the responsibility of the LSC. Violations of this section shall carry a fine of \$250.00 assessed to the LSC, the swimmer will be dismissed from the meet and all points earned by that swimmer will be removed (including all relays in which the swimmer participated).

Any swimmer who has within the 18 months prior to the start of the meet participated in one (1) individual event at a USA Swimming Championship as defined by 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.

Entry Limits Individual and Relay Events:

Each LSC may bring two (2) swimmers with disabilities who are 12 and under and two (2) swimmers with disabilities who are 13-14. These swimmers with disabilities are not required to meet the time standards for their age group events; however, they must provide a time for each event they enter. Classification of a swimmer with a disability is irrelevant.

Each LSC may enter 400 individual events of which no more than 160 may be slower than the time standard. An LSC which enters more than 400 individual events and/or 160 slower than the time standard shall scratch down to the limit prior to the close of the scratch box on Wednesday (one-half hour after the start of the 1500). Failure to comply shall be deemed to have given the Meet Referee authority to eliminate entries to comply with these entry limits. Slower than time standard swims will be eliminated first.

Disabled swimmers will not be included as part of the LSC's 400 or 160 limits.

Each swimmer is limited to six (6) individual events with an additional limit of three (3) individual events per day.

Each LSC is limited to one (1) non-standard swim per gender, per age group, in any event of 400 meters or longer. Entries over this limit must be scratched prior to the close of the scratch deadline for the event. In the event that such scratch is not received, the Meet Referee has the responsibility to eliminate entries to comply with these entry limits.

Each LSC is limited to 2 relays per relay event. Enter relays at no time; times shall be entered at the meet prior to seeding. Swimmers entered in the meet whose age/gender meet the event description are eligible to swim that relay.

Combined Age Group Relays: These relays will be scored and awarded as 14 & Under. All entries shall be submitted only by the LSC, and shall be by a USA swimming approved Standard Database Interchangeable Format (SDIF) electronic file.

Master Entry:

Entries must include: Full legal name, age, USA Swimming Registration number, home club code, and LSC code. Entries shall be the swimmer's best time from the first day of competition of the prior year's meet to the entry deadline of the current year. For a swimmer who does not have a long course time which makes the time standard, the qualifying short course time shall be designated by a Y (short course yards) or S (short course meters) on the electronic file. Swimmers with non-qualifying times shall be designated with a B (non-qualifying bonus swim) and L (long course meters), Y (short course yards) or S (short course meters) on electronic file.

Swimmers with disabilities must be identified at the time entries are submitted.

Qualifying times are stated at sea level. Times achieved at an altitude of 3,000 feet or above may be adjusted in accordance with the current edition of the USA Swimming Policy Manual.



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Entry Errors:

The following procedure applies to and only to a swimmer whose entry is incorrect due to an administrative entry error. The error(s) may be corrected if:

- The LSC entering the swimmer can prove, with documentary evidence, to the satisfaction of both the Meet Director and the Meet Referee that the administrative error is due exclusively to the error of the LSC and not in any way the fault of the swimmer.
- Such documentary evidence must be submitted to the Meet Director or Meet Referee prior to the general meeting (no exceptions) where it will be subject to approval.
- If approved, the swimmer shall be seeded correctly.

Entry Deadline:

The SDIF file must be received by 5:00pm on Wednesday, July 31, 2013. Use of express mail is recommended. Late entries will be accepted in accordance with the Western Zone Swimming Championship Regulations, Section IV.5.8.10. **No on-deck registration/entries will be allowed.**

Entry Fees:

\$7.00 per individual event (\$2.00 per entry to zone treasury)
\$16.50 per relay entry. (\$4.00 per relay to zone treasury)

Make checks payable to California Capital Aquatics

Mail Entries to:

Western Zone Championships
c/o Mark Brown
6721 5th St.
Rio Linda, CA
95673

On-Line Entries:

You may also enter on line at: <http://ome.swimconnection.com/meets>

Rules:

Current USA Swimming/Western Zone rules shall govern the meet.

According to 202.3.4.E: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Sierra Nevada Swimming and the California Capital Aquatics would like to further state that, "The use of audio or visual recording devices, including a cell phone, is not permitted behind the starting ends of the pool at anytime."

For the safety of the Athletes, except where the venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is strongly discouraged.

Warm-Up Rules:

USA Swimming warm-up rules will be in effect. **NO DIVING OR RACING STARTS** will be permitted from the blocks or sides of the pool. Swimmers must enter the water using a three-point-entry. Racing starts will be permitted only when sprint lanes are opened by the meet referee. Warm-ups will be under the control of the Meet Marshals.

A warm-up schedule will be presented at the general meeting before the start of competition on Wednesday, August 7th, 2013. LSC's will be assigned time and lanes for prelims. USA swimming open lane warm-up rules will be in effect for finals which will begin one hour preceding finals.

Racing Start Certification: 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. 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.



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Meet Schedule:

Wednesday, August 7:

Warm up: 9:00 am
Meet Start: 10:00 am
Relay Warm-up: One (1) hour before the start of relays
Relay Start Time: No sooner than two hours after the completion of the 1500 meter freestyle events.

Thursday, August 8 – Saturday, August 10

Prelims Warm-up: 7:00 am
Meet Start: 8:30 am
Finals Warm-up: One (1) hour before the start of finals
Finals Start: No sooner than two (2) hours after completion of prelims.

Time Line:

A projected time line will be established by the Meet Referee and distributed at the general meeting Wednesday morning. A time line will be included in the session sheets each day. There will be an additional 10 minute break before the 800 freestyle events on Saturday.

Format:

Meet Referee, Meet Director, and Zone Committee has determined that 9 lanes of competition will be used for Prelims and 8 lanes for finals.

Preliminaries/Finals format except for the following:

- Finals Format – Finals will be swum in A/B Format consisting of the top 16 qualifying times of each event except for the events with an asterisk on the Schedule of Events page.
- The 11-12 boys and girls 400 IM, 200 Back, 200 Fly, and 200 Breast will be swum as timed finals.
- 1500 and 800 freestyle events (swum as timed finals)
 - Will be combined and seeded according to entry time.
 - Will be swum fastest to slowest, alternating women and men
 - Will be scored and awarded by age group
- All relay events (swum as timed finals at the end of each finals session)
 - All relay forms with declared entry times must be **returned to the Administrative Referee or Clerk of Course by 12:00 noon** on the day of the relay event in order to be seeded. The Meet Referee and Administrative Referee, in concurrence, may re-seed any relay with an unrealistic entry time to the first heat with a “no time” entry time. Eight swimmers may be listed on the entry form. The order of the swimmers may be changed up to the time the lead swimmer is called to the blocks.

Scratch Procedure:

Swimmers are considered checked in for all events unless scratched, except the 1500 and 800 meter freestyle events.

1. The scratch procedure and no show rule for the meet shall be the National Championship procedure and rule in the current USA Swimming Rules and Regulations.
2. The scratch box will be at the Clerk of Course during the meet.
3. The scratch box closing:
 - a) The scratch box will close one-half (1/2) hour after the start of the 1500 freestyle events on Wednesday for Thursday's preliminary events.
 - b) The scratch box will close one-half (1/2) hour after the start of the finals on Thursday, and Friday for the next day's preliminary events.
4. **The 1500 and 800 meter freestyle events require Positive Check-in in order to be seeded.**
 - a) Check-in for the 1500-meter freestyle will close at **8:30am on Wednesday, August 7th, 2013.**
 - b) Check-in for the 800 meter freestyle will close one half (1/2) hour after the start of finals on **Friday, August 9th, 2013.**
 - c) Seeding for both distance events will be posted by 9:00 am the day the events are to be swum.



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Scoring: Individual Events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events 40-34-32-30-28-26-24-22

Awards: Team award for 1st place – Trophy Name: Scottie Aschermann Team Championship Award
Team awards 2nd through 8th place
Medals awarded 1st through 8th place and ribbons 9th through 16th place for individual events
Medals 1st through 3rd place and ribbons 4th through 8th place for relay events.
The Adam Szmidt Team Sportsmanship Award is given for overall team spirit and sportsmanlike attitude. Sportsmanship and Spirit, not performance or team score are the criteria.

- A. Criteria, in order of importance are:
 1. Sportsmanship.
 2. Total team support.
 3. Consistent, positive attitude throughout the entire meet.
 4. Appearance (uniform, shorts, suits, etc.)
- B. Each LSC is responsible to name one coach and one athlete to the selection committee.
- C. Award will be presented at the conclusion of the last day of competition.

Programs: Souvenir programs will be available for purchase at the meet for \$8.00.
The program includes the heat sheets for the entire meet.

Heat Sheets cost:

Prelims \$2.00 per session

Finals: \$2.00 per session

Results for the entire meet will cost \$5.00

Clerk of Course: The host shall provide a Clerk of Course desk at the pool for the duration of the meet. The desk shall be open from 12 noon to 5 pm on Tuesday, the day prior to the start of competition, and from 7 am to 5 pm on Wednesday, and from 7 am to the close of the scratch box for each remaining day of competition.

Credentials: Credentials will be available at the Clerk of Course desk during the time periods listed above. Only credentialed coaches and officials will be allowed in certain areas of the pool complex.

Officials

Certifications: The Western Zone Meet is a qualifying meet for National Officials Certification. In order for the LSC Official to advance, the candidate has to be observed by a National Evaluator indicating that the candidate has demonstrated the appropriate qualities and skills over several sessions and has been recommended for advancement by the National Evaluator. Officials wishing to obtain or renew their national certification must apply to be considered. Instructions and additional information will be provided during the first officials' meeting on Wednesday, August 7th.

Officials Uniform: The uniform for officials will be as follows:
Prelims - Khaki shorts/skirts with a white shirt
Finals – Khaki long pants / skirts with a white shirt

Concessions: The CCA Snack Bar will be open throughout the meet serving healthy snacks, beverages, and lunch items.

Vendors: A variety of vendors will be available

Meet T-Shirts: Meet T-Shirts will be available for purchase at the meet.

Photographers: A photographer will be available on deck to purchase athlete photos.

Host Hotels: Contact Placer Valley Tourism for Hotel info: www.placertourism.com



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Meetings:

The General Meeting will be held Wednesday, August 7, 2013 at 8:00am - located one block north from the pool at the Riley Library Meeting Room, 1501 Pleasant Grove Blvd (corner of Woodcreek Oaks & Pleasant Grove) Starbucks coffee and light breakfast items will be served.

- One coach and one representative from each participating LSC must attend this meeting
- The Meet Referee and Meet Director(s) shall chair the meeting

Coaches' Meeting: At the discretion of the Meet Referee, a coaches' meeting may be held sometime during the course of the meet after the general meeting.

Officials Meeting: All officials are expected to attend an *officials meeting* to be held on Wednesday prior to the start of the competition and prior to each session to which they are assigned.

Officials/Coaches Social: California Capital Aquatics will host a Social for the Officials and Coaches held on Wednesday, August 7th from 7-9pm. RSVP form included in this meet announcement.

The Annual Zone Dinner Social and Forum will take place on Thursday, August 8th from 8-9:30pm. RSVP form included in this meet announcement.

Hospitality:

A Hospitality area will be set up for credentialed coaches, managers, and officials. Refreshments will be provided for the morning and evening sessions, and lunch will be provided each day.

After Meet Activity: **The end of the meet social event** will be held on Saturday, August 10th at Golfland-SunSplash 7pm-10:30pm, 1893 Taylor Road, Roseville CA 95661 (916-784-1273). RSVP required and form is included in this meet announcement.

ROSEVILLE
CALIFORNIA

USA SWIMMING



2013 Western Zone Age Group Championships August 7-10, 2013

Schedule of Events

WEDNESDAY

* 1-2	11-12	400	Individual Medley	7-8	11/12	400	Freestyle Relay
* 3-4	13/14	1500	Freestyle	9-10	13/14	400	Freestyle Relay
5-6	10/Under	400	Freestyle Relay				

THURSDAY

11-12	10/Under	200	Freestyle	27-28	13/14	100	Breaststroke
13-14	11/12	200	Freestyle	29-30	10/Under	200	Individual Medley
15-16	13/14	200	Freestyle	31-32	11/12	200	Individual Medley
17-18	10/Under	50	Butterfly	33-34	13/14	400	Individual Medley
19-20	11/12	50	Butterfly	* 35-36	11/12	200	Backstroke
21-22	13/14	100	Butterfly	37-38	10/Under	200	Freestyle Relay
23-24	10/Under	50	Breaststroke	39-40	11/12	200	Freestyle Relay
25-26	11/12	50	Breaststroke	41-42	13/14	200	Freestyle Relay

FRIDAY

43-44	10/Under	100	Freestyle	59-60	13/14	100	Backstroke
45-46	11/12	100	Freestyle	* 61-62	11/12	200	Butterfly
47-48	13/14	100	Freestyle	63-64	11/12	400	Freestyle
49-50	10/Under	100	Breaststroke	65-66	13/14	400	Freestyle
51-52	11/12	100	Breaststroke	67-68	10/Under	200	Medley Relay
53-54	13/14	200	Breaststroke	69-70	11/12	200	Medley Relay
55-56	10/Under	50	Backstroke	71-72	13/14	200	Medley Relay
57-58	11/12	50	Backstroke				

SATURDAY

73-74	13/14	200	Individual Medley	89-90	11/12	100	Backstroke
75-76	10/Under	50	Freestyle	91-92	13/14	200	Backstroke
77-78	11/12	50	Freestyle	* 93-94	11/12	200	Breaststroke
79-80	13/14	50	Freestyle	* 95-96	13/14	800	Freestyle
81-82	10/Under	100	Butterfly	97-98	10/Under	400	Medley Relay
83-84	11/12	100	Butterfly	99-100	11/12	400	Medley Relay
85-86	13/14	200	Butterfly	101-102	13/14	400	Medley Relay
87-88	10/Under	100	Backstroke				



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Age Group	10 and Under	11 and 12	13 and 14
Wednesday	400 Freestyle Relay	400 Individual Medley 400 Freestyle Relay	1500 Freestyle 400 Freestyle Relay
Thursday	200 Freestyle 50 Butterfly 50 Breaststroke 200 Individual Medley 200 Freestyle Relay	200 Freestyle 50 Butterfly 50 Breaststroke 200 Individual Medley 200 Backstroke 200 Freestyle Relay	200 Freestyle 100 Butterfly 100 Breaststroke 400 Individual Medley 200 Freestyle Relay
Friday	100 Freestyle 100 Breaststroke 50 Backstroke 200 Medley Relay	100 Freestyle 100 Breaststroke 50 Backstroke 200 Butterfly 400 Freestyle 200 Medley Relay	100 Freestyle 200 Breaststroke 100 Backstroke 400 Freestyle 200 Medley Relay
Saturday	50 Freestyle 100 Butterfly 100 Backstroke 400 Medley Relay	50 Freestyle 100 Butterfly 100 Backstroke 200 Breaststroke 400 Medley Relay	200 Individual Medley 50 Freestyle 200 Butterfly 200 Backstroke 800 Freestyle 400 Medley Relay

2013 Western Zone Time Standards

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
00:33.29	00:32.49	00:29.29	50 Free	00:33.09	00:32.29	00:29.09
01:12.39	01:10.79	01:03.69	100 Free	01:12.39	01:10.79	01:03.69
02:38.89	02:35.69	02:20.29	200 Free	02:38.39	02:35.19	02:19.79
00:39.29	00:38.69	00:34.89	50 Back	00:39.49	00:38.89	00:35.09
01:24.69	01:23.49	01:15.19	100 Back	01:25.39	01:24.19	01:15.79
00:44.19	00:43.19	00:38.99	50 Breast	00:44.89	00:43.89	00:39.59
01:36.49	01:34.49	01:25.09	100 Breast	01:37.89	01:35.89	01:26.39
00:36.69	00:35.99	00:32.49	50 Fly	00:36.79	00:36.09	00:32.59
01:24.59	01:23.19	01:14.89	100 Fly	01:24.79	01:23.39	01:15.09
02:58.39	02:55.19	02:37.89	200 IM	02:59.69	02:56.49	02:38.99

Women			11-12	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
00:29.39	00:28.59	00:25.89	50 Free	00:29.59	00:28.79	00:25.89
01:04.89	01:03.29	00:56.99	100 Free	01:04.29	01:02.69	00:56.49
02:20.59	02:17.39	02:03.79	200 Free	02:19.49	02:16.29	02:02.79
04:56.79	04:50.39	05:32.49	400/500 Free	04:55.69	04:49.29	05:31.29
00:34.59	00:33.99	00:30.69	50 Back	00:34.89	00:34.29	00:30.89
01:14.29	01:13.09	01:05.79	100 Back	01:15.09	01:13.89	01:06.59
02:39.59	02:37.19	02:21.61	200 Back *	02:38.85	02:36.45	02:20.95
00:38.59	00:37.59	00:33.89	50 Breast	00:38.09	00:37.09	00:33.39
01:24.19	01:22.19	01:13.99	100 Breast	01:24.29	01:22.29	01:14.09
03:06.23	03:02.23	02:44.17	200 Breast *	03:04.83	03:00.83	02:42.91
00:32.39	00:31.69	00:28.49	50 Fly	00:32.39	00:31.69	00:28.49
01:12.09	01:11.09	01:04.09	100 Fly	01:12.59	02:51.19	01:04.19
02:51.79	02:48.99	02:32.29	200 Fly	02:46.39	02:43.59	02:27.39
02:38.79	02:35.59	02:20.19	200 IM	02:38.89	02:35.59	02:20.29
05:50.37	05:43.97	05:09.88	400 IM *	05:46.55	05:40.15	05:06.44

* Updated 5/30/13

Women			13-14	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
00:28.89	00:28.09	00:25.39	50 Free	00:27.29	00:26.49	00:23.89
01:02.69	01:01.09	00:55.09	100 Free	00:58.99	00:57.39	00:51.69
02:15.39	02:12.19	01:59.09	200 Free	02:08.09	02:04.89	01:52.49
04:44.89	04:38.49	05:19.19	400/500 Free	04:32.89	04:26.49	05:05.69
09:53.59	09:40.19	11:05.09	800/1000 Free	09:30.09	09:17.29	10:38.69
18:55.49	18:31.49	18:33.29	1500/1650 Free	18:10.89	17:46.89	17:49.49
01:11.49	01:10.29	01:03.29	100 Back	01:07.99	01:06.79	01:00.09
02:33.09	02:30.69	02:15.79	200 Back	02:25.99	02:23.59	02:09.39
01:21.19	01:19.19	01:11.29	100 Breast	01:16.09	01:14.09	01:06.69
02:54.09	02:50.09	02:33.29	200 Breast	02:45.49	02:41.49	02:25.49
01:09.39	01:07.99	01:01.29	100 Fly	01:05.09	01:03.69	00:57.39
02:35.29	02:32.49	02:17.39	200 Fly	02:26.89	02:24.09	02:09.79
02:33.89	02:30.69	02:15.79	200 IM	02:25.39	02:22.19	02:08.09
05:25.79	05:19.39	04:47.79	400 IM	05:09.49	05:03.09	04:33.09

2013 Western Zone Priority Times

Women	10 & Under	Men
LCM	Event	LCM
32.16	50 Free	32.28
1:10.44	100 Free	1:11.98
2:35.35	200 Free	2:34.13
38.28	50 Back	38.61
1:22.34	100 Back	1:23.11
43.21	50 Breast	42.83
1:32.82	100 Breast	1:34.96
34.63	50 Fly	35.02
1:20.47	100 Fly	1:21.34
2:52.03	200 IM	2:57.25

Women	11-12	Men
LCM	Event	LCM
29.50	50 Free	28.63
1:03.69	100 Free	1:02.58
2:19.84	200 Free	2:16.04
4:51.37	400/500 Free	4:48.15
33.55	50 Back	34.07
1:12.13	100 Back	1:12.72
37.67	50 Breast	36.96
1:22.67	100 Breast	1:20.19
31.30	50 Fly	31.27
1:11.44	100 Fly	1:09.20
2:38.92	200 IM	2:36.76

Women	13-14	Men
LCM	Event	LCM
28.65	50 Free	26.67
1:01.71	100 Free	0:58.48
2:14.40	200 Free	2:06.16
4:42.26	400/500 Free	4:31.09
9:43.79	800/1000 Free	9:20.10
18:47.40	1500/1650 Free	17:56.09
1:11.39	100 Back	1:05.95
2:29.83	200 Back	2:23.02
1:20.19	100 Breast	1:15.21
2:52.33	200 Breast	2:44.41
1:07.64	100 Fly	1:03.11
2:32.25	200 Fly	2:24.73
2:33.41	200 IM	2:24.74
5:20.89	400 IM	5:07.95



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Welcome to Roseville!
A Reception for Coaches & Officials

Woodcreek Golf Club ~ Legends & Heroes
5880 Woodcreek Oaks Blvd ~ Roseville, CA 95747

Hosted by: California Capital Aquatics

Please come join us Wednesday, August 7th from 7:00-9:00pm

Please send in your RSVP by Friday, July 26th, 2013 to:

Denna Culpepper
California Capital Aquatics
PO Box 368
Roseville, CA 95678

Welcome to Roseville Coaches & Officials!

Name: _____ Coach _____ Official _____
 _____ Coach _____ Official _____
 _____ Coach _____ Official _____
 _____ Coach _____ Official _____

LSC _____

Please send in RSVP in by Friday, July 26th, 2013



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ANNUAL ZONE DINNER SOCIAL & FORUM

Cattlemens Restaurant
2000 Taylor Road

\$30 per person

Please come join us Thursday, August 8th for the
Annual Zone Dinner Social & Forum

Please send in your RSVP by Friday, July 26th, 2013 to:

Denna Culpepper
California Capital Aquatics
PO Box 368
Roseville, CA 95678

Make checks payable to:

California Capital Aquatics

Annual Zone Dinner Social & Forum

Name: _____

LSC: _____

Number of Persons Attending: _____ X \$30 each = _____

Please send this form in by Friday, July 26th, 2013

Make checks payable to: California Capital Aquatics



2013 Western Zone Age Group Championships
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GOLFLAND SUNSPASH

1893 Taylor Road
Roseville, CA 95661
916-784-1273

7:00pm-10:30pm

\$25 per person

Includes waterslides, lazy river, rocking wave pool, night slides adventures,
All-you-can-eat Big Splash meal (hamburgers & hotdogs, sides, soda, condiments)

Please send RSVP with payment by AUGUST 1st, 2013

Make checks payable to:
California Capital Aquatics
PO Box 368
Roseville, CA 95678



LSC _____

of Coaches attending _____

of Swimmers attending _____

of Chaperones attending _____

Total Number of attendees _____ x \$25 per person = _____

Please send this FORM in by THURSDAY, AUGUST 1ST, 2013

**PLEASE MAKE CHECKS PAYABLE TO:
CALIFORNIA CAPITAL AQUATICS**