

Held Under Sanction Of:



In Partnership With:



UTAH SPORTS COMMISSION

# Souvenir MEET PROGRAM



PASSION  
CONNECTION  
LEGACY

## 2016 WESTERN ZONE AGE GROUP CHAMPIONSHIPS

#SwimUnited #WZAG2016

*Utah Swimming Thanks Our Gracious Meet Donors:*



CORNERSTONE

SHOW FOUNDATION



UTAH SPORTS  
COMMISSION®



COLONIAL FLAG  
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MUTUAL OF OMAHA  
**BREAKOUT!**  
SWIM CLINIC



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## STATE OF UTAH

OFFICE OF THE GOVERNOR  
SALT LAKE CITY, UTAH  
84114-2220

GARY R. HERBERT  
GOVERNOR

SPENCER J. COX  
LIEUTENANT GOVERNOR

August 2016

Greetings,

As governor of the great state of Utah, it is my pleasure to extend a warm welcome to all the athletes and swimming enthusiasts attending and participating in this year's Western Zone Age Group Championship Swim Meet.

I am proud of Utah's rich cultural and sports heritage, as well as our state's ability to host exciting sporting events like the Western Zone Age Group Championship Swim Meet. This event provides our community with a wonderful opportunity to watch some of the top youth swimmers in our own back yard.

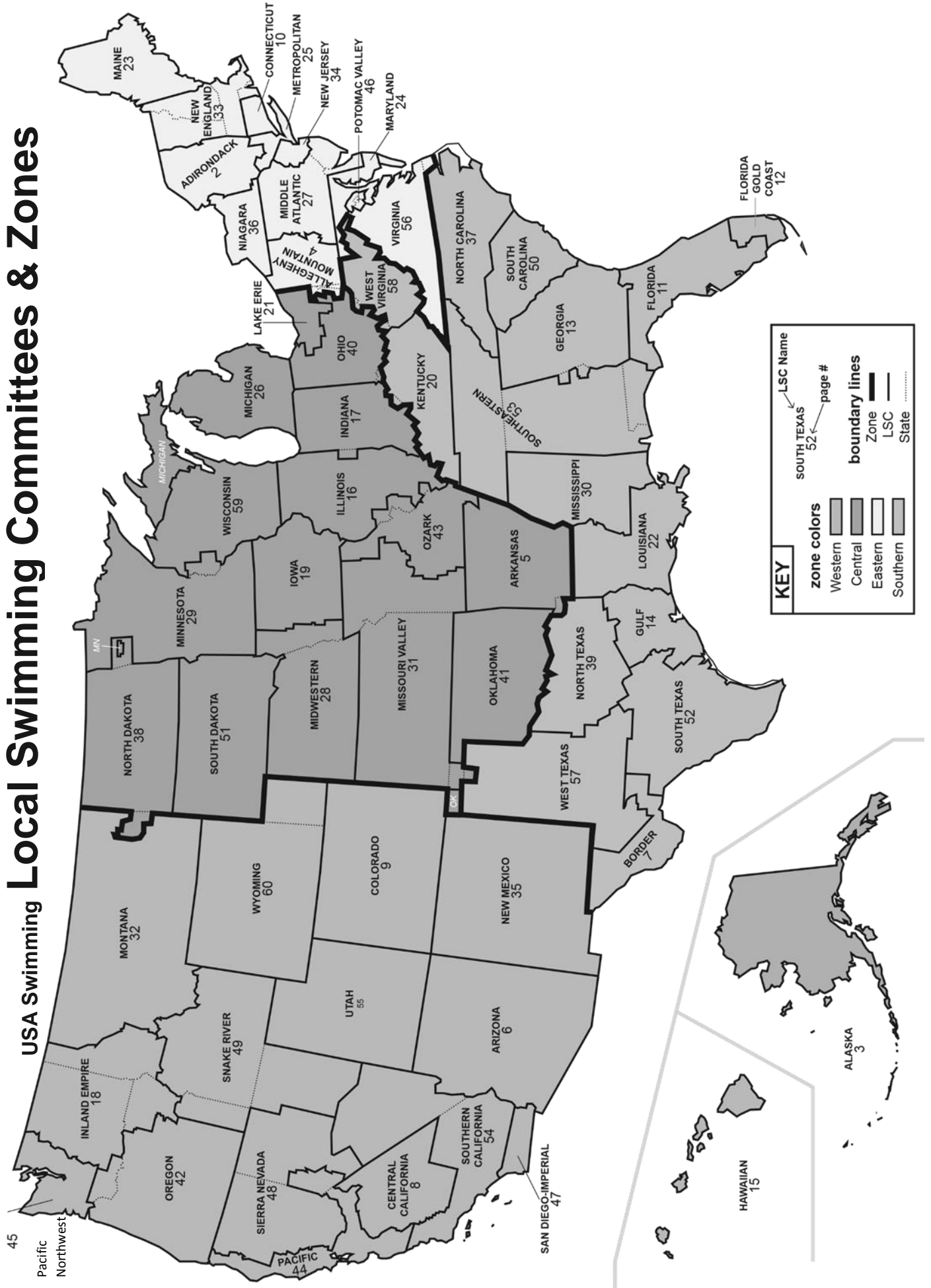
During your stay, I hope you will take some time to enjoy and discover all that Salt Lake City and Utah have to offer. On behalf of the people of Utah, I wish you an enjoyable experience this week both in and out of the pool.

Sincerely,

A handwritten signature in black ink that reads "Gary R. Herbert".

Gary R. Herbert  
Governor

# USA swimming Local Swimming Committees & Zones



*Utah Swimming is delighted to host the USA Swimming 2016 Western Zone Age Group Championships and welcomes the 17 LSC's of the Western Zone!*



***WHAT IS AN LSC?***

LSC's, or *Local Swimming Committees*, are the 59 local governing bodies, responsible for organizing, supporting and governing USA Swimming's 2,800-plus swim clubs in their individual regions.

***WHAT LSC'S COMPRISE THE WESTERN ZONE?***

<b>Alaska</b>	<b>Arizona</b>	<b>Central California</b>
<b>Colorado</b>	<b>Hawaii</b>	<b>Inland Empire</b>
<b>Montana</b>	<b>New Mexico</b>	<b>Oregon</b>
<b>Pacific</b>	<b>Pacific Northwest</b>	<b>San Diego-Imperial</b>
<b>Sierra Nevada</b>	<b>Snake River</b>	<b>Southern California</b>
<b>Utah</b>		<b>Wyoming</b>





# TrueSport®

[www.TrueSport.org](http://www.TrueSport.org)

TrueSport and USA Swimming's Deck Pass unique partnership seeks to influence and encourage youth swimmers to win the right way. Swimmers earn TrueSport patches in USA Swimming's Deck Pass app by completing word searches, solving puzzles, and watching videos. These educational activities are designed to help the more than 200,000 Deck Pass users learn about TrueSport values like respect, courage, teamwork, and more.

Each year, TrueSport and Deck Pass attend USA Swimming-sanctioned meets throughout the country. Swimmers who stop by the Deck Pass booth will have the opportunity to participate in scavenger hunts, win awesome prizes, and earn exclusive patches. 2016 Western Zone Age Group Championships is pleased to welcome TrueSport on deck!

## **WHO WE ARE**

**A community-based movement that champions the positive values and life lessons learned through sport.**



## **LEARN MORE**

**Visit our website to learn more about TrueSport and what it means to be a #TrueSportChampion**

## **TrueSport Lessons**

### **CLEAN COMPETITION**

- Decision-Making
- Energy Drinks
- Dietary Supplements
- Performance-Enhancing Drugs (PEDs)
- Shortcuts

### **SPORTSMANSHIP**

- Respect & Accountability
- A Good Sport
- Teamwork
- Leadership
- Bullying Prevention

### **PEAK PERFORMANCE**

- Goal-Setting
- Nutrition
- Perseverance
- Hydration
- Preparation & Recovery



# 2016 Western Zone Age Group Championships

## Meet Messaging & Objectives

Because of the Olympic Connection: Utah's Olympic legacy and the Rio Olympics occurring at the same time as the meet, planners envision more than just another swim meet.

Three key themes **Passion, Connectivity, and Legacy** establish the foundation of the experience we hope, with your help, to create. First, host a fun, high-level competitive event where the passion athletes and volunteers alike have for the sport is expressed. Our meet motto is **Swim Your Passion**. Second, leverage the concept of "connectivity" in bringing a swimming community together to build new friendships and catch the Olympic Spirit. Third, leave a legacy by making this one of the most fun and memorable events in everyone's swimming career no matter how large or small a part they play.

### **Release The Raptor**

The Swim Your Passion meet motto, has become best expressed through the picture of our beloved mascot Rocky exploding off the blocks and the words, "Release the Raptor." This expression symbolizes what we hope each athlete feels as their years of hard work, training, passion for the sport and drive come together at this meet.



### **Connection**

A unique Opening Ceremonies, where athletes can feel connected to not only their recently formed all-star type teams, but also to their USA Swimming teammates competing in Rio is planned. "The Hub" will also provide an informal gathering place for all athletes throughout the meet. The large tented area in the Athlete Village will include carpet, couches, bleachers and 3 large screen TV's showing the Rio Olympics, their live meet, and meet scoreboard so events won't be missed.

### **Lasting Legacy**

Included among the lasting legacies sought is:

- Benefit to participating athletes: Increased capacity to "achieve excellence in the sport of swimming and in life" (USA Swimming Vision Statement)

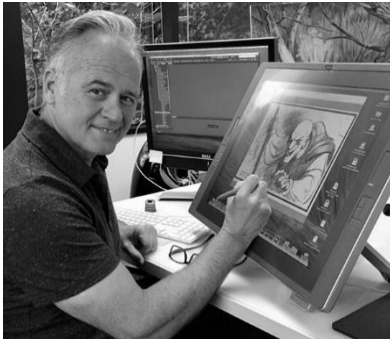
The meet Gratitude Campaign is about encouraging athletes to practice this valuable life skill by thanking volunteers, and others, at least 3 times each session. It is hoped this practice will become a personal "lasting legacy," one that continues long after the meet is over.

**Gratitude Campaign Objective:** Each athlete thanks 3 people each session of the meet.

### **Gratitude Campaign Guiding Questions:**

- WHO will you thank today?
- HOW will you thank someone today?
- WHY will you thank someone?
- How did your "thank you" make a difference?

# *What do Michael Phelps, Rocky and Spiderman have in common?*



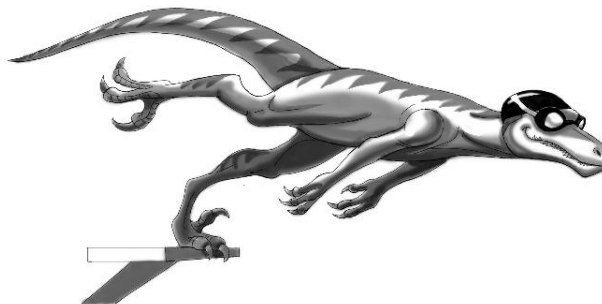
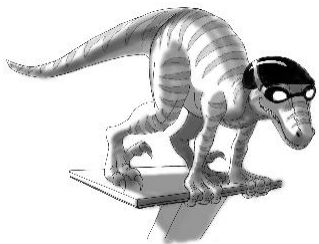
Clint Taylor.

Clint, an animator by profession who has worked on animated shows from the *Teenage Mutant Ninja Turtles* and *X-Men* to *Dora the Explorer* and was recruited out of college to work on the television series *Spiderman and His Amazing Friends*, graciously volunteered his time and talent to create a meet mascot image. Meet planners were excited about the prospect of a mascot and the raptor seemed a natural choice.

The Utahraptor, named for its discovery in Grand County, Utah, is the biggest raptor to have walked the earth.<sup>1</sup> A gifted natural wildlife artist, Clint's original concept drawings were a little too realistic for the swim mom meet planners.



The request came to make the raptor more connected to swimming—not a “cutesy” dinosaur, the competing athletes were too old for that—but a serious, “swimming raptor.” To help convey their vision, one of the moms sent a picture of Michael Phelps shooting off the block—and our beloved mascot was born!



<sup>1</sup> <http://dinosaurs.about.com/od/typesofdinosaurs/ss/10-Facts-About-Utahraptor.htm#step2> (7/28/16)



## How Did Rocky Get His Name?

1) Utah Swimming members submitted names in February 2016 and through the first part of March. 2) Meet Athlete Reps selected the top five names: Rowdy, Tyronne, Dexter, Rocky and Reggie, then hundreds of Utah Swimming members voted both online and at meets. 3) The winning name, Rocky, was announced at the 2016 Utah Swimming Short Course Championships.

The 2016 Western Zone Age-Group Championships Meet Mascot

Write mascot name suggestion above then put in box

1) Ballot Used to Submit Names

The 2016 Western Zone Age-Group Championships Is Coming to UTAH! August 10-13, 2016

Find out more at [utahzones2016.com](http://utahzones2016.com) #utahswimraptor

Name That Raptor:  
Rowdy, Tyrone, Dexter,  
Rocky or Reggie?  
**VOTE HERE!**

or vote online: [utahzones2016.com](http://utahzones2016.com)

Mascot name announced March 18 @ Age Group State Finals & on social media

3) Eight foot raptor makes his first appearance at Utah Age Group Short Course State and is dubbed "Rocky"

2) Top 5 Ballot Box Instructions

3) Eight foot raptor makes his first appearance at Utah Age Group Short Course State and is dubbed "Rocky"

**THE ORIGINAL**  
OFTEN IMITATED NEVER DUPLICATED

Established 1983

Northwest Designs Ink. is the official merchandiser for the  
2016 Western Zones Age Group Championships  
KEARNS, UTAH

VISIT US ONLINE!  
[www.nwd.ink](http://www.nwd.ink)

800-925-9327

OFFICIAL EVENT MERCHANDISE

On-site customized event apparel...  
...from start to finish



"Northwest Designs has partnered with Utah Swimming and is on-site printing customizable apparel for the meet. Make sure to grab your official merchandise commemorating the 2016 Western Zone Age Group Championships in Utah."



# DECK PASSES

*Swimmers will have the opportunity to earn up to three custom Deck Pass patches at this meet!*



*When meet results are uploaded to Deck Pass, each competing athlete will receive the above patch*



*Athletes who participate in the Gratitude Campaign and thank 3 people a session may request a code from a meet Athlete Rep and receive this unique patch (One per person)*



*Hot Heat Winners (winners of randomly selected heats) will receive code to scan & receive this patch (One per person)*



## *Delicate Arch Meets Silicon Slopes*

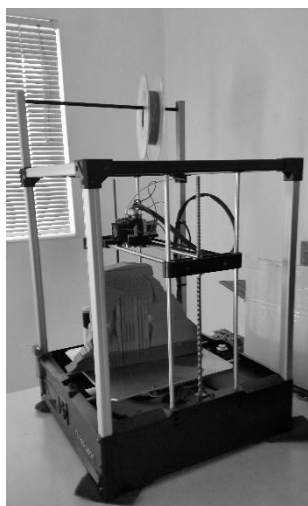
300 million years ago the building blocks of Utah's most widely recognized natural arch were put into play but it wasn't until cutting edge technology entered the picture that Delicate Arch, became the trophy for the 2016 Western Zone Age Group Championships.



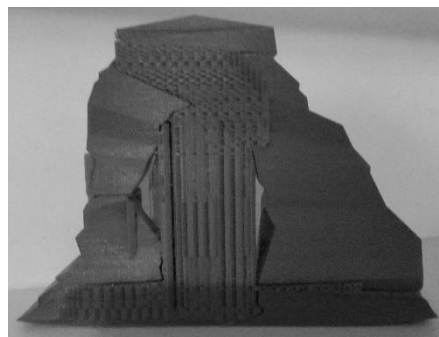
Utah's High-Tech community—over 4,300 companies strong—call “Silicon Slopes,” the metropolitan area that primarily originates in the Salt Lake City region but also includes Provo, Park City and surrounding areas, home. This mass of small and large tech businesses, some home-grown, others transplants from outside the state, lends itself to innovative thinking and creative problem-solving. A chance visit to a local 3D printer manufacturer sparked the idea that later became realized in the meet trophies.

3D printing, a popular term for what is now known as additive manufacturing (AM), refers to various processes used to create a three-dimensional object. In additive manufacturing processing, successive layers of material are formed under computer control to create the object—in other words, the object is built, thin layer upon thin layer, from the base up. Filler is used in the creation process to support hollow areas during printing. When the printing is complete, the filler material is removed. 3D printed objects can be of almost any shape or geometry and are produced from digital model data 3D model or other electronic data.

A 3D printer was used to create the trophy arch, which was then mounted on a finished wood base upon which an engraved plaque was affixed. The result is a colorful and unique rendition of a landmark unique to Utah that meet planners hope will be proudly displayed by the winning teams for years to come—a unique reminder of a unique meet.



*Arch with Filler on 3D Printer*



*Printed Arch with Filler*



*Completed Trophy with Plaque*

## 2016 Western Zone Age Group Championship Q-Times

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:32.99	0:32.19	0:29.09	<b>50 Free</b>	0:32.99	0:32.19	0:28.99
1:12.29	1:10.69	1:03.69	<b>100 Free</b>	1:12.19	1:10.59	1:03.69
2:37.89	2:34.69	2:19.29	<b>200 Free</b>	2:37.49	2:34.29	2:18.99
0:39.09	0:38.49	0:34.69	<b>50 Back</b>	0:39.29	0:38.69	0:34.89
1:24.29	1:23.09	1:14.89	<b>100 Back</b>	1:24.99	1:23.79	1:15.49
0:44.19	0:43.19	0:38.89	<b>50 Breast</b>	0:44.39	0:43.39	0:39.09
1:35.99	1:33.99	1:24.69	<b>100 Breast</b>	1:37.09	1:35.09	1:25.69
0:36.39	0:35.69	0:32.19	<b>50 Fly</b>	0:36.49	0:35.79	0:32.29
1:23.69	1:22.29	1:14.09	<b>100 Fly</b>	1:23.99	1:22.59	1:14.39
2:58.19	2:54.99	2:37.69	<b>200 IM</b>	2:58.19	2:54.99	2:37.69

			11-12			
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.49	0:28.69	0:25.79	<b>50 Free</b>	0:29.39	0:28.59	0:25.79
1:04.89	1:03.29	0:56.99	<b>100 Free</b>	1:04.09	1:02.49	0:56.29
2:20.19	2:16.99	2:03.49	<b>200 Free</b>	2:20.09	2:16.89	2:03.29
4:55.39	4:48.99	5:30.99	<b>400/500 Free</b>	4:55.39	4:48.99	5:30.89
0:34.59	0:33.99	0:30.69	<b>50 Back</b>	0:34.59	0:33.99	0:30.59
1:14.19	1:12.99	1:05.69	<b>100 Back</b>	1:14.39	1:13.19	1:05.99
2:45.79	2:43.39	2:27.19	<b>200 Back</b>	2:42.69	2:40.29	2:24.39
0:38.49	0:37.49	0:33.79	<b>50 Breast</b>	0:38.09	0:37.09	0:33.39
1:23.89	1:21.89	1:13.79	<b>100 Breast</b>	1:23.99	1:21.99	1:13.89
3:06.89	3:02.89	2:44.79	<b>200 Breast</b>	3:04.69	3:00.69	2:42.79
0:32.39	0:31.69	0:28.49	<b>50 Fly</b>	0:32.19	0:31.49	0:28.29
1:12.39	1:10.99	1:03.89	<b>100 Fly</b>	1:12.39	1:10.99	1:03.89
2:48.79	2:45.99	2:29.59	<b>200 Fly</b>	2:45.79	2:42.99	2:26.89
2:38.79	2:35.59	2:20.19	<b>200 IM</b>	2:38.59	2:35.39	2:19.99
5:51.89	5:45.49	5:11.19	<b>400 IM</b>	5:47.69	5:41.29	5:07.49

			13-14			
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.79	0:27.99	0:25.29	<b>50 Free</b>	0:27.09	0:26.29	0:23.69
1:02.39	1:00.79	0:54.79	<b>100 Free</b>	0:58.59	0:56.99	0:51.29
2:14.79	2:11.59	1:58.59	<b>200 Free</b>	2:07.29	2:04.09	1:51.79
4:43.59	4:37.19	5:17.69	<b>400/500 Free</b>	4:31.29	4:24.89	5:03.99
9:49.69	9:36.89	11:00.69	<b>800/1000 Free</b>	9:27.79	9:14.99	10:36.09
18:49.09	18:25.09	18:26.89	<b>1500/1650 Free</b>	18:08.79	17:44.79	17:47.39
1:10.99	1:09.79	1:02.89	<b>100 Back</b>	1:07.59	1:06.39	0:59.79
2:32.29	2:29.89	2:14.99	<b>200 Back</b>	2:25.19	2:22.79	2:08.69
1:20.69	1:18.69	1:10.89	<b>100 Breast</b>	1:15.39	1:13.39	1:06.09
2:53.69	2:49.69	2:32.79	<b>200 Breast</b>	2:44.29	2:40.29	2:24.39
1:08.99	1:07.59	1:00.89	<b>100 Fly</b>	1:04.49	1:03.09	0:56.89
2:34.49	2:31.69	2:16.69	<b>200 Fly</b>	2:25.79	2:22.99	2:08.79
2:32.99	2:29.79	2:14.99	<b>200 IM</b>	2:24.59	2:21.39	2:07.39
5:23.99	5:17.59	4:46.19	<b>400 IM</b>	5:08.19	5:01.79	4:31.89

## *Make a Difference & Take Home a Piece of the Meet!*

Did you know it takes over 6,000 volunteer hours to make this meet happen? Volunteer meet workers from all LSC's are welcome and received with gratitude. Those who work 2 sessions will receive a Release the Raptor T-shirt\*. Those who work 4 will receive a meet pin\*, in addition



to the already earned shirt. Sign up to help at the Volunteer Table in the main building.

\*While supplies last



Aquaholics has been one of the fastest growing swimwear provider in the United States over the past 10 years. We commit to our teams, and more importantly to our athletes 100% professionalism and dedication. We are proud to outfit numerous USA Swimming Clubs, High School and NCAA teams all over Utah and the surrounding area! Our Team Support Program enables teams to promote growth and focus on what really matters- the swimmer!

There is no job too big for Aquaholics!

### *Severe Weather/Outdoor Deck Evacuation*

**Outdoor deck evacuation procedure:** Clear outside deck and move under Competition Pool cover. If needed, spectators will be cleared from that deck to the main building. The meet can continue.

In the case of lightning, the deck will remain clear until 30 minutes after the last lightning is seen by a designated staff member

**Communication plan:** Updates will be posted on the meet website: [utahzones2016.com](http://utahzones2016.com) in the "News" section





# FUTURES CHAMPIONSHIPS 2016

## TIME STANDARDS

WOMEN			MEN	
LCM	SCY		SCY	LCM
27.49	24.39	50 Freestyle	21.49	24.89
59.59	52.19	100 Freestyle	46.69	53.79
2:08.19	1:52.99	200 Freestyle	1:42.09	1:58.09
4:28.79	5:03.49	400/500 Freestyle	4:37.09	4:09.99
9:13.79	10:20.49	800/1000 Freestyle	9:34.29	8:40.69
17:40.19	17:14.39	1500/1650 Freestyle	16:05.49	16:38.99
1:07.29	58.49	100 Backstroke	52.49	1:00.79
2:24.79	2:05.79	200 Backstroke	1:53.59	2:11.89
1:16.19	1:06.29	100 Breaststroke	58.89	1:08.69
2:43.79	2:23.09	200 Breaststroke	2:08.59	2:29.09
1:05.19	57.89	100 Butterfly	51.59	58.39
2:21.89	2:06.19	200 Butterfly	1:53.69	2:10.19
2:26.39	2:08.29	200 Individual Medley	1:55.09	2:12.79
5:07.29	4:30.69	400 Individual Medley	4:07.59	4:42.39
4:04.29	3:34.09	4 x 100 Freestyle Relay	3:12.89	3:40.89
8:40.89	7:36.39	4 x 200 Freestyle Relay	6:58.59	8:00.49
4:33.79	3:57.09	4 x 100 Medley Relay	3:32.79	4:05.89

Qualification time period 7/1/2015 through the entry deadline

*Be Sure To Visit Our Meet Vendors Including:*





# *Meet Associated Hashtags*

## **#SwimUnited & #2016WZAG**



### **TIME STANDARDS**

# 2016

### **SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS**

Girls			Boys	
SCY	LCM		LCM	SCY
22.89	26.69	50 Freestyle	24.09	20.59
49.89	57.79	100 Freestyle	52.19	44.59
1:47.79	2:04.69	200 Freestyle	1:54.69	1:38.79
4:49.09	4:22.19	400/500 Freestyle	4:03.59	4:29.29
9:58.79	9:00.29	800/1000 Freestyle	8:24.69	9:15.19
16:35.89	17:14.29	1500/1650 Freestyle	16:08.09	15:37.49
54.69	1:04.59	100 Backstroke	58.99	49.89
1:58.09	2:18.69	200 Backstroke	2:07.39	1:48.39
1:03.09	1:13.49	100 Breaststroke	1:06.29	55.99
2:15.89	2:38.69	200 Breaststroke	2:23.69	2:01.59
54.19	1:02.59	100 Butterfly	56.69	49.19
1:59.59	2:17.39	200 Butterfly	2:05.49	1:48.29
2:00.99	2:21.39	200 Individual Medley	2:08.69	1:49.29
4:15.59	4:58.09	400 Individual Medley	4:33.89	3:53.49
x	3:56.49	4x100 Fr-R	3:34.89	x
x	8:29.99	4x200 Fr-R	7:47.69	x
x	4:22.69	4x100 Med-R	3:56.99	x

Girls		Bonus	Boys	
SCY	LCM		LCM	SCY
23.49	27.19	50 Freestyle	24.49	21.19
50.79	58.29	100 Freestyle	52.89	45.39
1:49.39	2:05.69	200 Freestyle	1:56.49	1:40.09
4:52.19	4:23.89	400/500 Freestyle	4:05.49	4:30.09
10:05.19	9:05.09	800/1000 Freestyle	8:27.69	9:19.39
16:45.09	17:29.69	1500/1650 Freestyle	16:27.39	15:46.39
56.09	1:05.59	100 Backstroke	59.69	50.49
2:00.69	2:20.89	200 Backstroke	2:09.69	1:49.69
1:03.89	1:14.29	100 Breaststroke	1:07.09	56.59
2:18.89	2:40.49	200 Breaststroke	2:25.09	2:02.89
55.69	1:03.59	100 Butterfly	57.69	49.89
2:02.39	2:19.29	200 Butterfly	2:07.29	1:49.89
2:03.99	2:22.39	200 Individual Medley	2:10.09	1:50.69
4:22.09	5:00.49	400 Individual Medley	4:37.29	3:56.89

Qualification Period 7/1/2015 through Entry Deadline



*New Mexico Swimming*



**SAN DIEGO-IMPERIAL SWIMMING**



*Utah Swimming Thanks Our Gracious Meet Donors:*



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*Be Sure To Visit Our Meet Vendors Including:*

