Morphology
  Morphemes
  Allomorphs
  E.g. English Noun Plural
  Morpheme: {-Z₁}
  Allomorphs: /-əz/, /-z/, /-s/
  Conditioning environments
  {-Z₁} → /-əz/ after sibilants *
  {-Z₁} → /-s/ after v1 segments
  {-Z₁} → /-z/ elsewhere

*NB: This rule precedes the others, since it has the most restrictive environment.

Alternatively, this morpheme may be treated as having only two allomorphs, /-z/ and /-s/, with the /-əz/ form resulting from an English rule of epenthesis that inserts a /-ə-/ to separate the final sibilant from the suffix (which also contains a sibilant)

Since /a/ is voiced (like all English vowels), it will then automatically take the /-z/ allomorph.

Phonology
  Phonemes
  Allophones
  E.g. English Bilabial Stop
  Phoneme: /p/
  Allophones: [pʰ], [p], [p]
  Conditioning environments
  /p/ → [pʰ] / #_V_₂₃₄
  /p/ → [p] word-finally (optional)
  /p/ → [p] elsewhere

Alternatively, the allophony of this phoneme may be subsumed under the general rule that aspirates initial voiceless stops in English (i.e., /t/, /ʈ/, and /k/ also have aspirated allophones in the same environments).
Some Distributional Properties in Phonology

Phones: phonetic representations of actual sounds that occur in a language, without reference to the phonemes that they represent.

Allophones: phones considered as members of particular phonemes. E.g., since the phones [t], [ð], [r], and [?] all represent the English phoneme /t/, [t], [ð], [r] and [?] are all allophones of /t/.

Phonemes: abstract representations of the ‘distinctive’ sound units of a language. Each phoneme has at least one allophone as its phonetic manifestation.

Minimal pair: a pair of words with different meanings that are phonetically identical, except that one word has one sound in a position where the other word has a different sound. Minimal pairs are used to show that two sounds are in contrast, i.e., that they represent different phonemes.

Environment: the phonetic position in which a sound appears.

Distributional relationships

Contrast: two sounds are in contrast if they occur in the same environment and the substitution of one for the other changes the meaning of the word (e.g., English [f] and [v] are in contrast given the minimal pair [fæt] ‘fat’ - [væt] ‘vat’.

Free variation: two sounds are in free variation if they occur in the same environment and can be freely interchanged with each other without changing the meaning of the word (e.g., English [d] and [r] are in free variation in [rə:yd.ʃ] [rə:yr.ʃ] ‘rider’). Two sounds in free variation with each other are allophones of the same phoneme.

Complementary distribution: two sounds are in complementary distribution if they never occur in the same environments; the ‘distribution’ (position of occurrence) of the one sound is the ‘complement’ of the distribution of the other (e.g., English [a] and [ɑ] are in complementary distribution since [ɑ] only occurs before nasal consonants and [a] occurs anywhere except before nasal consonants). Two phonetically similar sounds in complementary distribution are (probably) allophones of the same phoneme.