

**Zone 3**

**PACIFIC SWIMMING Short Course Championship Meet**

**January 17-18, 2015**

**Enter Online:** <http://ome.swimconnection.com/pc/Zone320150117>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-009**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**      *Meet Referee:* **Chuck Johnson**      *Head Starter:* **Peggy Ramirez**  
                                 *Meet Marshal:* **To be assigned**      *Admin Official:* **Debbie Tucker**  
                                 *Meet Director:* **Debbie Rodinsky – 707 334 3764**

**LOCATION:** Quinn Swim Center, Santa Rosa Junior College, 1501 Mendocino Avenue, Santa Rosa, CA.

**DIRECTIONS:** *From the north:* Travel south on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a left turn onto College Avenue. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. *From the south:* Travel north on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a right turn onto College Ave. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium. **SRJC charges \$4 per day for all-day parking pass, including weekends and holidays**

**COURSE :** Indoor heated 25 yard pool with up to 8 competition lanes. Fully electronic primary timing system with touchpads will be used. Additional outdoor warm-up/down lanes will be available at all times during the meet. The minimum water depth, measured in accordance with USA Swimming (USA-S) Article 103.2.3, is 6'6" at the start end, and 3'3½" at the turn end (Swimmers #2 and #4 in 100 Yard Relays will be required to start in the water at the turn end). The competition course has been certified in accordance with USA-S 104.2.2C(4). The copy of such certification is on file with USA Swimming

**TIME:** Meet will begin at **9:00 AM** each day with warm-ups from **7:30 to 8:30 AM** each day. A special warm-up time for 8 and under swimmers only will be held from **8:30 to 8:45 AM**.

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
  - All events are timed finals.
  - All events will swim fast to slow.
  - Swimmers may compete in **3** events per day not including relays.
  - All swimmers ages 12 and under should complete competition within four (4) hours.
  - Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers age and gender.
  - If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
  - **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
  - **All events will be swum as timed finals**
  - **Swimmers 13 and over are to use their 100 times when entering the 50 back, breast or butterfly.**
  - **ALL SWIMMERS IN RELAYS, INCLUDING THOSE SWIMMING RELAYS ONLY, MUST BE PRE-ENTERED IN THE MEET AND HAVE COMPLETED A CONSOLIDATED ENTRY CARD. RELAYS MUST BE PRE-ENTERED.** Each team may enter as many relays as possible but only the two fastest relays swum from each team will be scored or awarded. Teams will be required to pay for all relays entered.

**UNACCOMPANIED SWIMMERS:** Any USA-S athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach.

**RACING STARTS:** Swimmers must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

**ELIGIBILITY:**

- Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host will check all swimmer registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.

• Entries with "**NO TIME**" will be **REJECTED**

- All individual event entries must meet the minimum time standards listed in the meet sheet
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 18 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

This meet is open **ONLY** to swimmers registered in Zone 3 of Pacific Swimming. **Teams not registered with USA Swimming and Pacific Swimming for the year 2015 may NOT be represented in this meet. Their swimmers may compete as unattached if the individual swimmer has current 2015 USA-S/PC membership**

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per swimmer and \$9.00 per relay. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/Zone320150117> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, **January 7, 2015.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, Monday, **January 5, 2015** or hand delivered by 6:30 p.m. Wednesday, **January 7, 2015** No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: ZONE 3**

**Mail entries to: Debbie Rodinsky  
301 Angelina Way  
Vallejo, CA 94589**

**Hand deliver entries to: Debbie Rodinsky  
301 Angelina Way  
Vallejo, Ca 94589**

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** Awards will be given to the coach or team representative at the end of the meet.

Finals - Pins 1st through 8th.

Relays - Pins 1st through 3rd.

Up to \$250.00 dollars will be given to the 1<sup>st</sup> place team to be used for a team function/party. (The money will be paid out once receipts are provided)

Team trophies to 2<sup>nd</sup> and 3<sup>rd</sup> place teams

**SCORING:** Finals – 9, 7, 6, 5, 4, 3, 2, 1 , / Relays – 18, 14, 12, 10, 8, 6, 4, 2

**ADMISSION:** Free. A Program will be available for \$4.00

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours

**MINIMUM OFFICIALS:** No more than 3 days after close of entries, meet management (Meet Director and/or Meet Referee) shall contact a representative from each team participating in the meet, and provide a preliminary inventory of the officials that team is required to provide for each session. Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of swimmers entered in each session by each team with the number of officials present representing each team. If meet management certifies that a team has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a trials and finals meet, the team will be fined \$100 per missing official per session of the meet.

Club swimmers entered in session	Trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

\*Zone 3 will include Colorado, Intermediary/ Chief Timing Judge, and Computer operator in the count of officials for a session although these positions are not carded. Zone 3 will accept Trainees in the count of officials for a session, as long as they are carded. Teams may use officials “borrowed” from other teams, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

**EVENT SUMMARY**

<b>SATURDAY</b>				<b>SUNDAY</b>			
<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13-UP</b>	<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13-UP</b>
100 Med Relay	200 Med Relay	50 Back	200 IM	100 Free Relay	200 Free Relay	100 Butterfly	200 Free
25 Back	50 Back	100 Breast	50 Back	50 Butterfly	100 Butterfly	50 Free	100 Butterfly
50 Breast	100 Breast	100 Free	100 Breast	25 Free	50 Free	50 Breast	50 Free
50 Free	100 Free	50 Butterfly	100 Free	25 Breast	50 Breast	100 Back	50 Breast
25 Butterfly	50 Butterfly	200 IM	50 Butterfly	50 Back	100 Back	200 Free	100 Back
	200 IM	200 Med Relay	500 Free	100IM	200 Free	200 Free Relay	400 IM
			200 Med Relay				200 Free Relay

**EVENTS AND MINIMUM ENTRY TIMES**

<b>Saturday, January 17</b>				
Girls #	Times	Event	Boys #	Times
1		8 and Under 100 Med Relay	2	
3		9-10 200 Med Relay	4	
5	2:40.79	13-14 200 IM	6	2:30.29
7	2:36.79	15 and Over 200 IM	8	2:23.29
9	36.09	11-12 50 Back	10	36.09
11	43.29	9-10 50 Back	12	43.19
13	23.49	8 and Under 25 Back	14	23.49
15	1:12.69	13-14 50 Back	16	1:08.29
17	1:10.79	15 and Over 50 Back	18	1:04.69
19	1:28.69	11-12 100 Breaststroke	20	1:26.49
21	1:45.59	9-10 100 Breaststroke	22	1:41.99
23	57.99	8 and Under 50 Breaststroke	24	57.99
25	1:22.99	13-14 100 Breaststroke	26	1:16.69
27	1:21.99	15 and Over 100 Breaststroke	28	1:13.59
29	1:08.29	11-12 100 Free	30	1:06.99
31	1:21.09	9-10 100 Free	32	1:19.39
33	43.99	8 and Under 50 Free	34	43.99
35	1:06.29	13-14 100 Free	36	1:01.59
37	1:04.99	15-18 100 Free	38	58.69
39	34.59	11-12 50 Butterfly	40	34.69
41	42.39	9-10 50 Butterfly	42	41.39
43	22.59	8 and Under 25 Butterfly	44	22.59
45	1:12.19	13-14 50 Butterfly	46	1:07.09
47	1:10.69	15-18 50 Butterfly	48	1:03.89
49	2:49.49	11-12 200 IM	50	2:47.39
51	3:17.29	9-10 200 IM	52	3:16.29
53	6:22.39	13-14 500 Free	54	6:01.69
55	6:12.69	15-18 500 Free	56	5:47.89
57		11-12 200 Med Relay	58	
59		13-14 200 Med Relay	60	
61		15 and Over 200 Med Relay	62	

<b>Sunday, January 18</b>				
Girls #	Times	EVENT	Boys #	Times
63		8 and Under 100 Free Relay	64	
65		9-10 200 Free Relay	66	
67	2:22.89	13-14 200 Free	68	2:14.19
69	2:19.99	15-18 200 Free	70	2:08.39
71	1:19.39	11-12 100 Butterfly	72	1:17.59
73	1:40.39	9-10 100 Butterfly	74	1:39.39
75	54.99	8 and Under 50 Butterfly	76	54.99
77	1:12.19	13-14 100 Butterfly	78	1:07.09
79	1:10.69	15-18 100 Butterfly	80	1:03.89
81	31.69	11-12 50 Free	82	30.69
83	35.69	9-10 50 Free	84	34.99
85	19.49	8 and Under 25 Free	86	19.49
87	30.49	13-14 50 Free	88	28.19
89	29.99	15-18 50 Free	90	26.89
91	40.59	11-12 50 Breaststroke	92	40.29
93	47.79	9-10 50 Breaststroke	94	47.49
95	25.99	8 and Under 25 Breaststroke	96	25.99
97	1:22.99	13-14 50 Breaststroke	98	1:16.69
99	1:21.99	15-18 50 Breaststroke	100	1:13.59
101	1:19.49	11-12 100 Back	102	1:17.49
103	1:33.49	9-10 100 Back	104	1:30.79
105	51.99	8 and Under 50 Back	106	51.99
107	1:12.69	13-14 100 Back	108	1:08.29
109	1:10.79	15-18 100 Back	110	1:04.69
111	2:29.69	11-12 200 Free	112	2:25.99
113	2:58.29	9-10 200 Free	114	2:50.19
115	1:49.29	8 and Under 100 IM	116	1:49.29
117	5:42.19	13-14 400 IM	118	5:20.29
119	5:32.89	15-18 400 IM	120	5:07.69
121		11-12 200 Free Relay	122	
123		13-14 200 Free Relay	124	
125		15-18 200 Free Relay	126	

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Zone 3 Championship January 17-18, 2015 Consolidated Entry Form													
Name: Last,                      First                      Middle													
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex M    F		LSC – (PC, SN)				
USA-#													
Event #	Distance / Stroke					Entry Time			Circle one				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee        \$ 8.00 Total                        \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													