

**PACIFIC SWIMMING**  
**ZONE 2 SHORT COURSE WINTER CHAMPIONSHIP MEET**  
**Saturday, February 20 and Sunday, February 21, 2010**

**Enter this meet online at <https://ome.swimconnection.com/pc/z2champs20100220>**

**NOTE:** This is the **SELECTION MEET** for the 2010 ALL-STAR Developmental Meet hosted by ZONE 1 South and to be held on Sunday, March 7, 2010. All-Star Applications will be available at the meet and must be turned in to the All-Star Desk Saturday, February 20, 2010, before the last event of the day is completed. The 2010 Zone 2 All-Star team members will be selected based on results of the 2010 Zone 2 Championship.

- SANCTION:** Held under USA/Pacific Swimming Sanction No.: **10-006**
- LOCATION:** San Ramon Olympic Pool and Aquatic Park, 9900 Broadmoor Drive, San Ramon, CA 94583. Located next to California High School. From 680, take Bollinger Canyon exit, turn west on Bollinger Canyon. Turn left (south) on San Ramon Valley Blvd. and go approximately 2 miles. Turn left (east) on Montevideo Dr., go approximately 1/2 mile, turn right at stop sign onto
- and**
- Parking Instructions:** Broadmoor Dr., go approximately 1/4 mile to pool located on left side. Parking is available **BEHIND** the school in the south parking lot, and on some neighborhood streets. **Permit parking only on Broadmoor Drive from 9871-9897 and on Weymouth Court 7 days a week. Other surrounding streets have additional parking restrictions. Parking spaces between front of pool entrance and tennis courts is for Coaches and Officials ONLY. PLEASE READ SIGNS CAREFULLY AND DO NOT PARK WHERE "NO PARKING" SIGNS OR "PERMIT PARKING ONLY" SIGNS ARE POSTED. YOU WILL RECEIVE A TICKET!!!! No Friday set up will be permitted. Equipment left at the pool on Friday will be disposed of by pool staff.**
- COURSE:** Outdoor heated pool with anti-turbulent lane lines. Up to sixteen (16), 25-yard competition lanes available with additional lanes for warm up. Electronic timing system will be used. The minimum water depth, measured in accordance with Article 103.2.3, is 4 feet at the start end and 4 feet at the turn end.
- TIME:** Meet begins at 9:00 a.m. each day; general warm-ups begin at 7:30 a.m. and end at 8:45 a.m. **Special extended warm-up from 8:45-8:55 a.m. for 8-UN swimmers only.**
- RULES:** Current USA Swimming and Pacific Swimming Rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-the-Course. All events are timed finals. Swimmers may compete in a maximum of four (4) individual events per day PLUS relays. 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 issued in the event of a mandatory scratch-down. **UNATTACHED SWIMMERS MAY NOT SWIM ON RELAY TEAMS.** Unattached swimmers may score points for the purpose of the individual high point awards but their points will not count towards a team score. **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- SPECIAL RULES:** There is no limit to the number of relay teams per event entered by each ZONE 2 swim team. All relays are allowed to score. All relay swimmers must be entered in at least one individual event in this meet.
- 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 warm-up periods. Sale and use of alcoholic beverages is prohibited in **all** areas of the meet venue. Outside BBQ pits are not permitted. No glass containers allowed on deck. No propane heaters/tanks are allowed in any area of the meet venue.
- ELIGIBILITY:** **Meet is open only to qualified swimmers in Zone 2. This meet is limited to those swimmers who have achieved the qualifying "PC-B" Time Standard by February 8, 2010, using the 2009 Pacific Swimming time standards.** Entry times submitted for this meet will be validated against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. *'Coach verified'* times will **NOT** be accepted. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times or seeding per Pacific Swimming Policy. All swimmers must have a current USA Swimming Registration Card and must 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 must 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. Swimmers who enter as “pending” or “applied for” must be prepared to present their current card or register before being allowed to check in. Swimmers 19 years of age and older may participate in the **15-UP individual events** but may not receive awards or score points. Swimmers 19 years of age and older **are not allowed** to participate in relays. Unattached swimmers must enter UN followed by the “CLUB ABVR” of the club through which they are entering the meet.

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

**SCRATCHES:** Any swimmer who has checked-in for an individual event and fails to swim that event will be scratched from the meet unless the swimmer returns to the clerk of the course and repeats the check-in process for all remaining events. Failure to swim an event after the second check-in process will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first. The penalty will not apply if the swimmer scratches before the event is seeded, or if the Referee accepts proof that the failure was caused by illness, injury, or other circumstances beyond the control of the swimmer.

**INDIVIDUAL ENTRIES:** Individual events may be entered for this meet online, or by mail. Online meet entry is in no way required or expected in order to enter this meet. Relays must be entered using consolidated team entries and submitted via mail by the mail entry deadline.

**ONLINE MEET ENTRIES:** - Individual Events Only

Check <https://ome.swimconnection.com/pc/z2champs20100220> for session open or closed status.

Enter at: <https://ome.swimconnection.com/pc/z2champs20100220> to receive immediate confirmation of acceptance via email. The “billing information” email should be brought to the meet as proof of entry. Online entry requires payment by credit card using their secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Online entries must be confirmed by midnight, Wednesday, February 10, 2010. No late entries will be accepted.

**MAIL / HAND DELIVERED ENTRIES:** Entries must be on a Zone 2 Championship Consolidated Entry Card(s). Entry cards must be completely filled out, including best short course time for each event. Entered times must be submitted in yards. "NO TIME" entries will **NOT** be accepted. Entries must be postmarked by midnight, Monday, February 8, 2010, or hand delivered no later than 5:00 pm Wednesday February 10, 2010. Make checks payable to “Zone 2 – Pacific Swimming” and mail or hand deliver to:

David Cottam, 4296 Pinewood Ct. Concord, CA 94521

No late entries will be accepted. Except for mandatory scratches, no refunds will be made.

**Individual Entry Fee** **\$2.75 per event and \$5.00 Participation Fee per swimmer**

**Attention High School Swimmers:** If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your responsibility to be unattached from this meet.

**RELAY ENTRY FEES:**

All relay entries shall be submitted by Zone 2 teams using the attached Consolidated Relay Entry form and be accompanied by a team check for the amount due. Make the check payable to Zone 2 – Pacific Swimming. Mail or hand deliver Consolidated Relay form to:

David Cottam 4296 Pinewood Ct. Concord, CA 94521

NOTE: All relay swimmers must be entered in at least one individual event in this meet.

Relay Entries - must be **postmarked by Monday, February 8, 2010** or **hand delivered by 5:00 pm Wednesday, February 10, 2010.**

Relay cards will be pre-printed and distributed to the coaches. The names of the swimmers must be added to these cards and must be turned in to the meet director by 10:00 A.M. the day the relay will be swum..

**Team Information:**

**Along with the Relay Entry Form, Teams must submit the names of a Team Contact and 2 people willing to work a 4 ½ hour marshalling shift.**

**SCORING:**

Individual events and relay events are swum as a single age group. The first sixteen (16) places in the individual age group events will be scored and awarded as listed below. The first sixteen places for each relay event will be scored but **not awarded.**

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 points  
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 points  
Only individual event scores are counted for high point awards.  
Relay and individual scores are used for team scoring.

**AWARDS:**

The first 16 places will be awarded for 8&UN, 9-10, 11-12, 13-14, 15-16, 17-18 age groups. Individual high point awards for the top boy and girl in 8&UN, 9-10, 11-12, 13-14, 15-16, 17-18 age groups. All “B” swimmers achieving a “PC-A” time will be awarded a standard “A” medal, regardless of place achieved in the event. No relay awards. No awards for swimmers age 19 and older. **Note: *Individual awards must be picked up at the meet. They will not be mailed out or distributed after the meet.***

**Team Awards** – Teams will be equally divided into two groups based on the number of swimmers entered in the meet. Group I will consist of the teams with the larger numbers of entries. If there are an odd number of teams, the odd team will be placed in Group I. The top three teams in Group I and Group II will receive certificates.

**ADMISSION:**

**FREE.** A two-day program will be available for sale at a reasonable price.

**HOSPITALITY:**

Hospitality will be available for officials, coaches; and timers (during their shifts only).

**OFFICIALS:**

<b>Head Referee:</b> Kent Yoshiwara	<b>Head Starter:</b> Gwenn Chong
<b>Meet Directors:</b> David and Carol Cottam (925) 969-7935 Dvc196@sbcglobal.net	<b>Head Marshal:</b> Clint Benton

**ZONE 2 SHORT COURSE CHAMPIONSHIPS – SATURDAY, FEBRUARY 20, 2010**

<b>Event #</b>	<b>SATURDAY EVENTS</b>				<b>Event #</b>
<b>GIRLS</b>	<b>Qualifying Time</b>	<b>Age Group</b>	<b>Event</b>	<b>Qualifying Time</b>	<b>BOYS</b>
1	3:03.99 *	15-16	100 I.M.	2:48.79 *	2
	3:11.29 *	17-18	100 I.M.	2:49.29 *	
3	3:05.39.	13-14	200 I.M.	2:55.99	4
5	3:17.29	11-12	200 I.M.	3:17.29	6
7	2:09.99	8-UN	100 I.M.	2:09.99	8
9	1:42.59	9-10	100 I.M.	1:42.59	10
11	34.69	15-16	50 Freestyle	30.99	12
	35.59	17-18	50 Freestyle	30.99	
13	35.09	13-14	50 Freestyle	32.79	14
15	36.29	11-12	50 Freestyle	35.99	16
17	40.29	9-10	50 Freestyle	40.39	18
19	23.49	8-UN	25 Freestyle	23.49	20
21	1:23.59**	15-16	50 Butterfly	1:15.19 **	22
	1:25.29 **	17-18	50 Butterfly	1:15.99 **	
23	1:25.69	13-14	100 Butterfly	1:20.69	24
25	1:31.19	11-12	100 Butterfly	1:31.29	26
27	26.99	8-UN	25 Butterfly	26.99	28
29	45.99	9-10	50 Butterfly	45.49	30
31	1:15.29	15-16	100 Freestyle	1:07.89	32
	1:16.29	17-18	100 Freestyle	1:07.09	
33	2:42.59	13-14	200 Freestyle	2:34.59	34
35	1:18.89	11-12	100 Freestyle	1:17.99	36
37	51.99	8-UN	50 Freestyle	51.99	38
39	1:29.29	9-10	100 Freestyle	1:29.29	40
41		15-18	200 Free Relay		42
43		13-14	200 Free Relay		44
45		11-12	200 Free Relay		46
47		8-Un	100 Free Relay		48
49		9-10	200 Free Relay		50

\* Enter your 200 Yard IM time for the 100 Yard IM in which you wish to enter.

\*\* Enter your 100 Yard time for the 50 Yard stroke in which you wish to enter.

**ZONE 2 SHORT COURSE CHAMPIONSHIPS – SUNDAY, FEBRUARY 21, 2010**

<b>Event #</b>	<b>SUNDAY EVENTS</b>				<b>Event #</b>
<b>GIRLS</b>	<b>Qualifying Time</b>	<b>Age Group</b>	<b>Event</b>	<b>Qualifying Time</b>	<b>BOYS</b>
51	1:26.69	13-14	100 Backstroke	1:22.69	52
53	1:27.99 **	15-16	50 Backstroke	1:19.99 **	54
	1:32.09 **	17-18	50 Backstroke	1:20.49 **	
55	27.99	8-UN	25 Backstroke	27.99	56
57	1:31.99	11-12	100 Backstroke	1:31.99	58
59	47.99	9-10	50 Backstroke	47.99	60
61	1:37.19	13-14	100 Breaststroke	1:31.99	62
63	1:38.69 **	15-16	50 Breaststroke	1:27.99 **	64
	1:43.99 **	17-18	50 Breaststroke	1:29.29 **	
65	29.99	8-UN	25 Breaststroke	29.99	66
67	1:43.39	11-12	100 Breaststroke	1:42.59	68
69	54.09	9-10	50 Breaststroke	54.09	70
71	1:15.89	13-14	100 Freestyle	1:10.79	72
73	1:38.69	15-16	100 Breaststroke	1:27.99	74
	1:43.99	17-18	100 Breaststroke	1:29.29	
75	1:54.59	8-UN	100 Freestyle	1:51.59	76
77	2:52.39	11-12	200 Freestyle	2:53.59	78
79	3:17.29	9-10	200 Freestyle	3:15.89	80
81	1:25.69 **	13-14	50 Butterfly	1:20.69 **	82
83	1:23.59	15-16	100 Butterfly	1:15.19	84
	1:25.29	17-18	100 Butterfly	1:15.99	
85	59.99	8-UN	50 Butterfly	59.99	86
87	40.39	11-12	50 Butterfly	39.99	88
89	1:45.29	9-10	100 Butterfly	1:47.99	90
91		13-14	200 Medley Relay		92
93		15-18	200 Medley Relay		94
95		8-UN	100 Medley Relay		96
97		11-12	200 Medley Relay		98
99		9-10	200 Medley Relay		100

\*\* Enter your 100 Yard time for the 50 Yard stroke in which you wish to enter.

PACIFIC SWIMMING ZONE 2 CHAMPIONSHIP MEET  
February 20 & 21, 2010

TEAM Contact Info and Relay Entry Summary Sheet

TEAM: \_\_\_\_\_

COACH : \_\_\_\_\_ phone (\_\_\_\_\_) \_\_\_\_\_

Primary Zone 2 Champs Team Assignment: \_\_\_\_\_

NAME of TEAM CONTACT: \_\_\_\_\_

email \_\_\_\_\_ phone (\_\_\_\_\_) \_\_\_\_\_

Each Team must supply the name of one parent willing to serve as a marshal for a 4½ shift on the day and time indicated below:  
Note – Marshals are no longer required to be members of USA Swimming.

**Saturday: ALGA, AIA, BEAR, HOX, BSW, CDST, CROW, EBAT, EBSD**

7:00 A.M. to 11:30 AM shift Name: \_\_\_\_\_ Phone # (\_\_\_\_\_) \_\_\_\_\_

**Saturday: FF, FAST, RXTS, LAC, LBD, MA, MSJA, MONT, NWA**

11:30 A.M. to 4:00 P.M. shift Name: \_\_\_\_\_ Phone # (\_\_\_\_\_) \_\_\_\_\_

**Sunday: OA, CUDA, ONDA, OAKW, OAPB, PST, PA PLS, RAM**

7:00A.M. to 11:30 AM shift Name: \_\_\_\_\_ Phone # (\_\_\_\_\_) \_\_\_\_\_

**Sunday: RA, RHSM, SRVL, NCAL, TERA, BOLT, TIGR, TRIV, UCLS, WCAB**

11:30 A.M. to 4:00 P.M. shift Name: \_\_\_\_\_ Phone # (\_\_\_\_\_) \_\_\_\_\_

<b>RELAY ENTRY FEE</b>	
<b>Total Relay Entries</b> _____ <b>X \$9.00 = Total Amount Due →</b>	\$ _____

Coaches please note → All relay swimmers must be entered in at least one individual event in this meet.

Event No.	Gender /Age	Event	A	B	C	D	E	F	Total No. Relays
41	GIRLS 15-18	200 FREE RELAY							
42	BOYS 15-18	200 FREE RELAY							
43	GIRLS 13-14	200 FREE RELAY							
44	BOYS 13-14	200 FREE RELAY							
45	GIRLS 11-12	200 FREE RELAY							
46	BOYS 11-12	200 FREE RELAY							
47	GIRLS 8-UN	100 FREE RELAY							
48	BOYS 8-UN	100 FREE RELAY							
49	GIRLS 9-10	200 FREE RELAY							
50	BOYS 9-10	200 FREE RELAY							
91	GIRLS 13-14	200 MEDLEY RELAY							
92	BOYS 13-14	200 MEDLEY RELAY							
93	GIRLS 15-18	200 MEDLEY RELAY							
94	BOYS 15-18	200 MEDLEY RELAY							
95	GIRLS 8-UN	100 MEDLEY RELAY							
96	GIRLS 8-UN	100 MEDLEY RELAY							
97	GIRLS 11-12	200 MEDLEY RELAY							
98	BOYS 11-12	200 MEDLEY RELAY							
99	GIRLS 9-10	200 MEDLEY RELAY							
100	BOYS 9-10	200 MEDLEY RELAY							
<b>TOTAL TEAM RELAY ENTRIES →</b>									

**Zone 2 Short Course Championships  
February 20-21, 2010  
Consolidated Entry Card**

NAME: LAST FIRST INTL  
\_\_\_\_\_

LSC Code ( PC, SN, CC) \_\_\_\_\_

CLUB ABBR	IF UNATT TEAM ABBR	CLUB NAME
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AGE	DATE OF BIRTH	AMT. PAID \$
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USA-S REG #	_____
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SEX	AGE GROUP
Boy Girl	

EVENT #	DISTANCE/STROKE	ENTRY TIME
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .

# of Entries \_\_\_\_\_ x \$ 2.75 = \_\_\_\_\_  
 Participation Fee **\$ 5.00**  
 Total \_\_\_\_\_

COACH:

SWIMMERS  
ADDRESS: \_\_\_\_\_

PHONE # ( )

E-MAIL

E-Mail @

**Zone 2 Short Course Championships  
February 20-21, 2010  
Consolidated Entry Card**

NAME: LAST FIRST INTL  
\_\_\_\_\_

LSC Code ( PC, SN, CC) \_\_\_\_\_

CLUB ABBR	IF UNATT TEAM ABBR	CLUB NAME
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AGE	DATE OF BIRTH	AMT. PAID \$
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USA-S REG #	_____
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SEX	AGE GROUP
Boy Girl	

EVENT #	DISTANCE/STROKE	ENTRY TIME
		: .
		: .
		: .
		: .
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		: .
		: .

# of Entries \_\_\_\_\_ x \$ 2.75 = \_\_\_\_\_  
 Participation Fee **\$ 5.00**  
 Total \_\_\_\_\_

COACH:

SWIMMERS  
ADDRESS: \_\_\_\_\_

PHONE # ( )

E-MAIL

E-Mail @