

**PACIFIC SWIMMING Zone 3 Championship Meet**

**Hosted by Zone 3**

**January 18 -20, 2014**

Enter Online: <http://ome.swimconnection.com/pc/Zone320140118>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **14-002**

*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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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.

**OFFICIALS:** *Meet Referee:* Chuck Johnson - [charles.johnson12@att.net](mailto:charles.johnson12@att.net) *Meet Marshal:* TBD. Posted at meet.  
*Head Starter:* Bill Sargis *Administrative Referee:* Susi Jackson  
*Meet Director:* Debbie Rodinsky - [rodsky@pacbell.net](mailto:rodsky@pacbell.net) / 707 334 3764

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

**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. The competition course has been certified in accordance with USA-S 104.2.2C(4). The copy of such certification is one file with USA Swimming.

**TIME:** Prelims Session "A" for all days **will begin at 8:30 AM** with warm ups between 7:00 AM and 8:15 AM. Prelims Session "B" will begin no sooner than 11:00 AM on Saturday and Sunday, and no sooner than 11:30AM on Monday. Finals will begin no sooner than one hour after the completion of Prelims Session "B" on each day or 3:30PM, whichever is later. There will be warm-up available in the indoor pool before the beginning of Session "B" and before the beginning of Finals

**RULES:**

- Current USA/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 Course.
- Swimmers may compete in a maximum of 3 events per day and maximum of 6 events for the meet, plus relays.
- The 11&O 400 IM, 11&O 500 Free, all 8&U events, and all relays will be swum as timed finals.
- Because of the water depth 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 single fastest combined age-group heat of each 400 IM and 500 Free event will be swum during finals. The remaining heats will be swum during preliminaries.
- At the discretion of the Meet Director and Meet Referee, the 400 IM, and 500 free may be combined or swum alternating girls and boys heats. All other events will be swum as trials and finals, with all preliminary heats swum during one of two morning sessions and all finals swum as a third session in the afternoon.
- The 8 fastest times from trials, after scratches, will qualify for finals.
- Individual events listed as 13&O age group will be swum together in trials but swum and scored separately as 13-14, 15-16, and 17&O in finals. Relays for the 13&O age group will be swum and scored as 13-14 and 15&O.

- The 8-un and 9-10 relays will be swum at the conclusion of Prelim Session "B." All other relays will be swum during the finals portion of the meet unless noted.
- **Relay entries will be due at an announced time each day.**
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- **ALL SWIMMERS IN RELAYS, INCLUDING THOSE SWIMMING RELAYS ONLY, MUST BE PRE-ENTERED IN THE MEET AND HAVE COMPLETED A CONSOLIDATED ENTRY CARD.** Each team may enter as many relays as possible but only the two fastest relays swum from each team will be scored or awarded. Relay entries may be deck entered only. Teams will be required to pay for all relay entries that are not scratched prior to the relay entry deadline each day. Swimmers in 500 yard freestyle events must provide their own timers and lap counters.

**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.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**ELIGIBILITY:**

- This meet is open **ONLY** to swimmers registered in Zone 3 of Pacific Swimming.
- **Z3 Teams not registered with USA Swimming and Pacific Swimming for the year 2014 may NOT be represented in this meet. Their swimmers may compete as unattached if the individual swimmer as current 2014 USA-S/PC membership.**
- Zone 3 swimmers over 18 years old **may**, with the exception of relays, compete in the 13-OV events, score and win awards and must meet the 17-18 time standard for each entered event.
- 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 time standards apply – please refer to event listing. **"NO TIME" will not be accepted.**
- 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$2.75 per individual event, \$8.00 participation fee per swimmer. \$9.00 per relay.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/ZONE320140118> 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 8, 2014.**

**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 6, 2014 or**

**hand delivered by 6:30 p.m. Wednesday, January 8, 2014.** 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/Hand Deliver entries to: Debbie Rodinsky (Zone 3 Champs)  
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 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 allowed to compete in the event.

**SCRATCHES:** Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course. Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final. The penalty will not apply if the Head Referee accepts proof that the failure to swim has been caused by illness, injury, or other circumstances out of the swimmer's control. Any swimmer qualifying for a final race in an individual event, who fails to show in said final race, prior to calling the alternate, shall be barred from further competition for the remainder of the meet. If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00. Swimmers have 30 minutes after the results of an event are announced to scratch or declare their intent to scratch.

**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 3<sup>rd</sup> / Team trophies to 1st through 3rd place.

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

**ADMISSION:** Free. A 3-day meet program will be available for a fee.

**SNACK BAR:** A snack bar will be in operation during the meet.

**HOSPITALITY:** Lunch and limited hospitality will be available to all working officials and coaches.

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

**SUMMARY OF EVENTS:**

8&U	9-10	11-12	13&O
<b>SATURDAY</b>			
100 IM	50 Back	200 Med-R	200 Med-R
50 Back	100 Fly	400 IM	100 Fly
25 Breast	100 Free	50 Fly	200 Back
25 Free	50 Breast	100 Back	100 Free
100 Med-R	200 Med-R	200 Free	400 IM
<b>SUNDAY</b>			
25 Back	200 IM	200 FR-R	200 FR-R
50 Breast	100 Back	500 Free	100 Breast
25 Fly	50 Free	100 Fly	200 Fly
50 Free	200 FR-R	50 Breast	50 Free
100 FR-R		100 IM	500 Free
		50 Free	400 Med-R
<b>MONDAY</b>			
	100 IM	400 FR-R	400 FR-R
	200 Free	100 Breast	200 Free
	100 Breast	200 IM	200 Breast
	50 Fly	100 Free	100 Back
		50 Back	200 IM



## EVENTS:

Saturday, January 18, 2014				
Event #	Girl's Qualifying Time	Event	Boy's Qualifying Time	Event #
<b>Prelim Session "A" – Begins at 8:30 am</b>				
105	1:13.79	13-14 100 Fly	1:12.59	106
	1:15.59	15-16 100 Fly	1:07.89	
	1:16.79	17&O 100 Fly	1:08.49	
107	2:32.19	13-14 200 Back	2:47.49	108
	2:50.29	15-16 200 Back	2:38.29	
	3:02.29	17&O 200 Back	2:45.09	
109	1:04.99	13-14 100 Free	1:03.99	110
	1:07.79	15-16 100 Free	1:01.29	
	1:09.59	17&O 100 Free	1:00.69	
111	6:01.99	11-12 400 IM	5:51.99	112
	5:40.59	13-14 400 IM	5:27.59	
	5:36.99	15-16 400 IM	5:10.19	
	6:15.19	17&O 400 IM	5:40.59	
<b>Prelim Session "B" – Begins no sooner than 11:00 am</b>				
203	2:00.29	8&U 100 IM	1:55.59	204
205	:42.89	9-10 50 Back	:48.89	206
207	:34.89	11-12 50 Fly	:36.79	208
209	:56.69	8&U 50 Back	:55.49	210
211	1:43.99	9-10 100 Fly	1:48.29	212
213	1:21.09	11-12 100 Back	1:23.99	214
215	:27.29	8&U 25 Breast	:26.69	216
217	1:18.69	9-10 100 Free	1:27.69	218
219	:21.39	8&U 25 Free	:20.19	220
221	2:27.99	11-12 200 Free	2:36.19	222
223	:46.79	9-10 50 Breast	:54.19	224
225		8&U 100 Med-R		226
227		9-10 200 Med-R		228
<b>Finals Session – Begins no sooner than 3:30 pm</b>				
201		11-12 200 Med-R		202
101		13-14 200 Med-R		102
103		15&O 200 Med-R		104
205		9-10 50 Back		206
207		11-12 50 Fly		208
105		13&O 100 Fly		106
211		9-10 100 Fly		212
213		11-12 100 Back		214
107		13&O 200 Back		108
217		9-10 100 Free		218
221		11-12 200 Free		222
109		13&O 100 Free		110
223		9-10 50 Breast		224
111		11&O 400 IM		112

Shaded Events indicate Timed Finals Only (NOT a Trials/Finals Event) / Events 111 & 112 (400 IM) are Timed Finals with the single fastest combined age group heat swum in Finals

Sunday, January 19, 2014				
Event #	Girl's Qualifying Time	Event	Boy's Qualifying Time	Event #
<b>Prelim Session "A" – Begins at 8:30 am</b>				
117	1:25.49	13-14 100 Breast	1:23.99	118
	1:29.89	15-16 100 Breast	1:19.29	
	1:32.59	17&O 100 Breast	1:20.39	
119	2:59.19	13-14 200 Fly	2:40.99	120
	2:49.79	15-16 200 Fly	2:34.29	
	2:58.69	17&O 200 Fly	2:40.69	
121	:30.09	13-14 50 Free	:29.59	122
	:31.29	15-16 50 Free	:27.99	
	:32.19	17&O 50 Free	:27.99	
123	6:25.99	11-12 500 Free	6:25.99	124
	6:02.89	13-14 500 Free	5:46.59	
	5:57.19	15-16 500 Free	5:32.49	
	6:41.59	17&O 500 Free	6:07.09	
<b>Prelim Session "B" – Begins no sooner than 11:00 am</b>				
231	:25.49	8&U 25 Back	:24.99	232
233	1:22.79	11-12 100 Fly	1:23.39	234
235	3:07.99	9-10 200 IM	3:22.99	236
237	1:00.79	8&U 50 Breast	1:00.29	238
239	:41.09	11-12 50 Breast	:43.29	240
241	1:32.39	9-10 100 Back	1:44.79	242
243	:23.69	8&U 25 Fly	:22.49	244
245	1:18.69	11-12 100 IM	1:23.99	246
247	:34.99	9-10 50 Free	:40.09	248
249	:47.29	8&U 50 Free	:44.99	250
251	:31.29	11-12 50 Free	:32.79	252
253		9-10 200 FR-R		254
255		8&U 100 FR-R		256
<b>Finals Session – Begins no sooner than 3:30 pm</b>				
229		11-12 200 FR-R		230
113		13-14 200 FR-R		114
115		15&O 200 FR-R		116
123		11&O 500 Free		124
233		11-12 100 Fly		234
235		9-10 200 IM		236
117		13&O 100 Breast		118
239		11-12 50 Breast		240
241		9-10 100 Back		242
119		13&O 200 Fly		120
245		11-12 100 IM		246
247		9-10 50 Free		248
121		13&O 50 Free		122
251		11-12 50 Free		252
125		13-14 400 Med-R		126
127		15&O 400 Med-R		128

Shaded Events indicate Timed Finals Only (NOT a Trials/Finals Event)

Events 123 & 124 (500 Free) are Timed Finals with the single fastest combined age group heat swum in Finals

<b>Monday, January 20, 2014</b>				
<b>Event #</b>	<b>Girl's Qualifying Time</b>	<b>Event</b>	<b>Boy's Qualifying Time</b>	<b>Event #</b>
<b>Prelim Session "A" – Begins at 8:30 am</b>				
133	2:13.49	13-14 200 Free	2:19.49	134
	2:26.39	15-16 200 Free	2:13.99	
	2:31.19	17&O 200 Free	2:13.19	
135	2:55.99	13-14 200 Breast	3:04.69	136
	3:16.19	15-16 200 Breast	2:56.29	
	3:20.29	17&O 200 Breast	2:59.79	
137	1:15.39	13-14 100 Back	1:16.79	137
	1:19.79	15-16 100 Back	1:12.69	
	1:23.19	17&O 100 Back	1:12.49	
139	2:32.19	13-14 200 IM	2:40.99	140
	2:45.49	15-16 200 IM	2:31.79	
	2:52.59	17&O 200 IM	2:33.09	
<b>Prelim Session "B" – Begins no sooner than 11:30 am</b>				
259	1:30.09	9-10 100 IM	1:42.29	260
261	1:30.09	11-12 100 Breast	1:32.39	262
263	2:49.99	9-10 200 Free	2:58.69	264
265	2:50.19	11-12 200 IM	2:58.79	266
267	1:43.29	9-10 100 Breast	1:57.49	268
269	1:08.39	11-12 100 Free	1:12.29	270
271	:41.19	9-10 50 Fly	:45.09	272
273	:37.59	11-12 50 Back	:38.99	274
<b>Finals Session – Begins no sooner than 3:30 pm</b>				
257		11-12 400 FR-R		258
129		13-14 400 FR-R		130
131		15&O 400 FR-R		132
259		9-10 100 IM		260
261		11-12 100 Breast		262
133		13&O 200 Free		134
263		9-10 200 Free		264
265		11-12 200 IM		266
135		13&O 200 Breast		136
267		9-10 100 Breast		268
269		11-12 100 Free		270
137		13&O 100 Back		138
271		9-10 50 Fly		272
273		11-12 50 Back		274
139		13&O 200 IM		140

Shaded Events indicate Timed Finals Only (NOT a Trials/Finals Event)

**RELAY ENTRY FORM**

<b>CLUB NAME</b>				<b>LSC</b>		<b>CLUB ABBREVIATION</b>	

**SATURDAY, JANUARY 18, 2014**

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM

**SUNDAY, JANUARY 19, 2014**

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM

**MONDAY, JANUARY 20, 2014**

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM

COACH NAME		# RELAYS	
		RELAY	X \$9.00 EA.
COACH EMAIL		TOTAL	\$





Pacific Swimming – Hosted by **Zone 3**  
**January 18 -20, 2014**  
 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x <b>\$2.75</b> = \$ _____ Participation Fee        \$ 8.00 Total                        \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													