

ZONE 1 NORTH SHORT COURSE SWIM CHAMPIONSHIPS

Saturday & Sunday, January 26^h – 27th 2013

Enter online at: <http://www.swimconnection/pc/Z1N20130126>

Participating Zone 1 North Teams: PASA, DACA, SUNN, LO, BAC, PCCA, BSC, MAV, PSL, OSC, DCD, & SSF

SANCTION: Sanctioned by USA/Pacific Swimming. Sanction Number: **13-016**

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. The results of this meet will be posted in real time on the Internet at <http://www.fastlanetek.com>. **By entering the meet, the athlete or his/her guardian consents to this publication.**

USE OF AUDIO AND VISUAL: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms.

OFFICIALS:

<i>Meet Referee:</i> Nan McKenna	<i>Head Starter:</i> Clara Tao
<i>Head Marshal:</i> Tim Simpson	<i>Meet Director:</i> Jim Stretch jc_stretch@yahoo.com

LOCATION: College of San Mateo Aquatic Center, 1700 West Hillsdale Boulevard, San Mateo, CA. Ample free parking is available on campus in Beethoven Lot 2. **DO NOT PARK IN OLYMPIAN LOT 12 OR ANY STAFF PARKING LOTS.** **From Hwy 280:** take Hwy 92 east towards San Mateo, West Hillsdale Blvd. exit. Turn left at signal and proceed uphill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. **From Hwy 101:** take Hwy 92 west towards Half Moon Bay, West Hillsdale Blvd exit. Turn right and proceed uphill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. The Aquatic Center's pool is adjacent to the Building 5, Health and Wellness, located up College Heights Drive on the right next to circular drop-off. Signs will be posted to direct you to pool entrance.

COURSE: 25 yard x 50 meter outdoor pool. Up to two (2) 10-lane courses will be used for competition. Separate warm-up/warm-down area will be available during the meet. The minimum water depth for both ends of the two courses, measured in accordance with Article 103.2.3, is 7' 0" at the start end and 7' 0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4)

TIME: Meet begins at 9:00 a.m. each day. The meet will be run in a single session per day. Warm-up will be held from 7:30-8:45 a.m. each day. The warm-up pool will open for general warm-ups at 8:15 a.m. Pool deck will open at 7 a.m. for swimmer and spectator set up.

RULES: Current USA and Pacific Swimming rules will govern this 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 and pre-seeded. It is the swimmers' responsibility to report to the proper lane in the correct heat of their events. Names will not be called for any missing swimmers. Any swimmer who fails to report to the proper lane in the correct heat of his/her event will be scratched from that event and will not be permitted to swim that event in a different heat. **Swimmers may compete in a total of 3 individual events and 1 relay per day.** Relays will be swum in one course at the end of the session. Clubs are permitted to enter up to three (3) relays in each relay event (A/B/C), but only the 'A' relay team may score points. Relay teams must be designated before the event. If conditions warrant the Meet Director and Meet Referee may require a mandatory scratch down. In such cases of mandatory scratches immediate cash refunds will be made. 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. Non verified entries will be scratched and entry fees will not be refunded.

All coaches and deck officials must wear their USA Swimming membership cards in a visible manner

DECK CHANGING: 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.

UNACCOMPANIED SWIMMERS: Any USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach. The swimmer must be certified by a

USA Swimming 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 are prohibited in all areas used by swimmers during the meet and during warm-up periods. Propane heaters and the sale and use of alcoholic beverages are prohibited in all areas of the meet venue. Glass containers of all kinds are strictly prohibited in the pool area. All such containers will be confiscated. No unauthorized vehicles may park on the lawn areas.

ELIGIBILITY: The meet is open only to members of participating Zone 1 North swim clubs. Unattached athletes will not be eligible for awards or to score points. **Swimmers must have met the 2012 "A" time in any course for any events entered prior to January 14, 2013.** 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 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. **Entries with "NO-TIME" will NOT be accepted.** Swimmers 19 years of age and older may participate in the events for the 17-18 age group, but will not receive awards. Also, swimmers 19 years of age and older will compete on a non-scoring basis and may not swim relays. The swimmers age will be the age of the swimmer on the first day of the meet. **Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming's policy.**

ENTRY FEES: \$2.75 per individual event and \$9.00 per relay event. There will be an \$8.00 participation fee per swimmer. Individual entries will be rejected if payment is not sent at time of request.

ENTRIES:

Option 1: Online Meet Entries:

Enter at: <http://www.swimconnection/pc/Z1N20130126> and follow entry instructions. You will 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 our 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 made by midnight (11:59 PM), Tuesday, January 15, 2013. NO LATE ENTRIES, NO REFUNDS.**

Option 2: Team Entries:

Entire team entries should be sent via email to: Carol Waln cywaln@pacbell.net

Team entries must be remitted with one check for the entire team. Entries must be submitted by midnight (11:59PM) Tuesday, January 15, 2012. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

Option 3: Mailed or Hand Delivered Entries:

Entries must be on a SAMMS Consolidated Entry Card, filled out completely using the best time for each event. All entries must be postmarked by **Monday, January 14, 2013**, or hand-delivered by 6:00 PM on **January 15, 2013**, to the entries chair listed below. No refunds will be made, except for mandatory scratches. Please include a self-addressed stamped envelope for entry confirmation. Make check payable to "Zone 1 North of Pacific Swimming" and mail the entry form to:

**Carol Waln
341 Edna Court
Los Altos, CA 94022**

Relay Entries:

Relay entries and fees are due the day of the event, at a time to be announced each day. "Relay Only" swimmers must be entered by the stated entry deadlines. Participation fee is not charged for "Relay Only" swimmers. Cards will be provided at the meet for relays.

CHECK-IN: All individual events will be pre-seeded. All relays will be deck seeded. Swimmers are not required to check-in.

SCRATCHES: This meet will be pre-seeded. There will be no penalty for failing to swim an event for which a swimmer has registered.

SCORING: The top sixteen finishers in each individual event will score as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Unattached Swimmers and athletes 19 years of age and older will compete on a non-scoring basis. The top eight finishers in each relay event will score as follows: 40-34-32-30-28-26-24-22

AWARDS: Ribbons will be awarded to the top sixteen (16) places in individual events and top eight (8) places in relay events. Team champions will be awarded in three divisions, based on the size of the team, following the table below. Ribbons will not be provided for swimmers ages 13 and older. **The Ray Taft Award** will be awarded to the fastest male 100 backstroke of the meet. Unattached swimmers and swimmers 19 years of age and older will not receive awards. **Awards will not be mailed; coaches must pick up their team awards and ribbons at the conclusion of the meet on Sunday.**

Division 1	1-39 Swimmers
Division 2	40-99 Swimmers
Division 3	100 or more Swimmers

ADMISSION: Free. A pdf file of the meet program will be provided to all participating teams. Meet programs will NOT be available in hard copy at the meet.

REFRESHMENTS: No hospitality will be available at the meet. Teams should plan to provide their own hospitality for coaches and volunteers. There will be full snack bar service available. A complimentary lunch will be provided for officials.

MINIMUM OFFICIALS: Teams must follow Zone 1 North rules for providing officials. Each team must provide officials for each session according to the number of swimmers entered in that session, following the table below. Teams that do not provide sufficient officials must provide coaches to act in the place of officials.

# of swimmers per team entered in session	# of trained and carded officials required
0 - 24	0
25 - 50	1
51 - 75	2
76 - 100	3
101 and up	4 and up (1 additional for every 25 swimmers)

ZONE 1 NORTH ALL STAR: This is a selection meet for the Zone 1 North All-Star Team, which will compete in Carson City (Zone 4). Swimmers who are selected for the team will be contacted by either the team manager or head coach. Additional selection information will be available at the meet. For more information contact: Phillip Bianchi (Manager) at: Bianchipj@aol.com

EVENT SUMMARY

SATURDAY, JANUARY 26, 2013					SUNDAY, JANUARY 27, 2013				
8-UN	9-10	11-12	13-14	15-18	8-UN	9-10	11-12	13-14	15-O
100 IM	100 IM	100 IM	200 IM	200 IM	25 FL	50 FL	50 FL	100 FL	100 FL
25 BR	50 BR	50 BR	100 BR	100 BR	25 BK	50 BK	50 BK	100 BK	100 BK
25 FR	50 FR	50 FR	50 FR	50 FR	50 FR	100 FR	100 FR	100 FR	100 FR
100 FRR	200 FRR	200 FRR	200 FRR	200 FRR	200 MR	200 MR	200 MR	200 MR	200 MR

SCHEDULE OF EVENTS

LCM Time Standard	SCY Time Standard	Girls #	SATURDAY	Boys #	SCY Time Standard	LCM Time Standard
	1:49.29	1	8 & U 100 IM	2	1:49.29	
	1:32.29	3	9 - 10 100 IM	4	1:32.29	
	1:20.59	5	11 - 12 100 IM	6	1:21.19	
3:02.59	2:41.09	7	13 - 14 200 IM	8	2:33.49	2:51.39
3:01.49	2:41.09	9	15 - 16 200 IM	10	2:29.49	2:47.99
3:01.49	2:41.09	11	17 - 18 200 IM	12	2:29.49	2:47.99
	25.99	13	8 & U 25 Breast	14	25.99	
53.99	48.29	15	9 - 10 50 Breast	16	48.39	55.29
47.49	42.19	17	11 - 12 50 Breast	18	42.89	47.99
1:37.49	1:25.19	19	13 - 14 100 Breast	20	1:20.99	1:31.99
1:37.49	1:25.19	21	15 - 16 100 Breast	22	1:18.89	1:27.39
1:37.49	1:25.19	23	17 - 18 100 Breast	24	1:18.89	1:27.39
	19.49	25	8 & U 25 Free	26	19.49	
39.39	36.09	27	9 - 10 50 Free	28	36.09	39.19
35.69	31.99	29	11 - 12 50 Free	30	31.39	34.89
33.59	29.89	31	13 - 14 50 Free	32	28.39	31.49
33.59	29.89	33	15 - 16 50 Free	34	27.49	30.99
33.59	29.89	35	17 - 18 50 Free	36	27.49	30.99
		37	8 & U 100 Free Relay	38		
		39	9 - 10 200 Free Relay	40		
		41	11 - 12 200 Free Relay	42		
		43	13 - 14 200 Free Relay	44		
		45	15 - 18 200 Free Relay	46		

LCM Time Standard	SCY Time Standard	Girls #	SUNDAY	Boys #	SCY Time Standard	LCM Time Standard
	22.59	47	8 & U 25 Fly	48	22.59	
45.49	40.89	49	9 - 10 50 Fly	50	40.49	46.69
38.89	35.69	51	11 - 12 50 Fly	52	36.19	39.79
1:22.89	1:13.49	53	13 - 14 100 Fly	54	1:10.39	1:18.99
1:22.89	1:13.49	55	15 - 16 100 Fly	56	1:07.09	1:15.29
1:22.89	1:13.49	57	17 - 18 100 Fly	58	1:07.09	1:15.29
	23.49	59	8 & U 25 Back	60	23.49	
47.39	41.99	61	9 - 10 50 Back	62	43.19	47.79
42.29	37.29	63	11 - 12 50 Back	64	37.99	43.19
1:26.29	1:14.19	65	13 - 14 100 Back	66	1:11.69	1:21.79
1:25.39	1:14.09	67	15 - 16 100 Back	68	1:11.19	1:19.89
1:25.39	1:14.09	69	17 - 18 100 Back	70	1:11.19	1:19.89
49.99	43.99	71	8 & U 50 Free	72	43.99	49.99
1:28.69	1:19.29	73	9 - 10 100 Free	74	1:19.29	1:28.39
1:18.09	1:09.09	75	11 - 12 100 Free	76	1:08.39	1:16.49
1:13.39	1:05.09	77	13 - 14 100 Free	78	1:01.99	1:08.89
1:13.39	1:05.09	79	15 - 16 100 Free	80	59.39	1:07.19
1:13.39	1:05.09	81	17 - 18 100 Free	82	59.39	1:07.19
		83	8 & U 100 Medley Relay	84		
		85	9 - 10 200 Medley Relay	86		
		87	11 - 12 200 Medley Relay	88		
		89	13 - 14 200 Medley Relay	90		
		91	15 - 18 200 Medley Relay	92		

Zone 1 North Short Course Championships College of San Mateo January 26-27, 2013 Consolidated Entry Card			
Name: Last		First	Middle
Club Abbr.	Club Name		
Age	Date of Birth		Age Group
USA-#			Amt. Paid
Sex (Circle)	BOY	GIRL	
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 \$2.75 = \$ _____ Participation Fee \$8.00 Total \$ _____			
Coach			
Swimmer's Address			
Phone #			
E-Mail:			