

PACIFIC SWIMMING
ZONE 2 SHORT COURSE WINTER CHAMPIONSHIP MEET
JANUARY 26-27, 2013

Enter this meet online at <http://ome.swimconnection.com/pc/z2champs20130126>

NOTE: This is the **SELECTION MEET** for the 2013 Zone All-Star Meet to be held March 2-3, 2013, in Carson City, Nevada. Every swimmer who wishes to apply to the Zone 2 All-Star Team must complete and submit the online application found on the Zone 2 website, <https://sites.google.com/site/pacswimzone2> **ALL-STAR APPLICATIONS MUST BE SUBMITTED BY 11:59 P.M. ON JANUARY 24, 2013.**

SANCTION: Held under USA/Pacific Swimming Sanction No. 13-003

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, psych sheets and live meet results. By entering the meet, the athlete and his/her guardian consent to this publication.

USE OF AUDIO & VISUAL: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms. . **Photography and video recording from behind the blocks or starting areas are prohibited unless prior permission to do so is given by the Meet Referee.**

OFFICIALS: Meet Referee: Leo Lin
Head Starter: Alex Dourov
Meet Marshal: Mehdi Saghafi
Meet Director: David Benjamin, 510-357-7753, zone2Champ@gmail.com

LOCATION: Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga, California, 94556. From Highway 24 westbound – take Central Lafayette exit, turn right on Deer Hill Rd., right on First St., right on Mount Diablo Blvd., left on Moraga Rd., and right on Campolindo Dr. From Highway 24 eastbound – take Orinda exit, right on Moraga Way, left on Glorietta Blvd., right on Rheem Blvd., left on Moraga Rd., left on Campolindo Dr. Pool is located behind high school. Parking lot is located on left. Do not park where “No Parking” or “Permit Parking Only” signs are posted. There is absolutely no parking anywhere on or along the fire road that leads from the parking lot to the swimming pool. You will be ticketed or towed. No parking is allowed in Carroll Ranch, where the streets are privately-owned.

COURSE: Outdoor 25-yard x 50 meter pool with up to 16 lanes for competition. A separate warm-up pool will be available. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the west end and 7' on the east end of the competition pool. The competition course has been certified in accordance with article 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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. Entries will be accepted until the number of splashes exceeds the estimated timeline, 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 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 events will be seeded and swum fastest to slowest.**

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 room or other designated areas is not appropriate and is strongly discouraged.

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 that 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 USA-S club member-coach. Any swimmer

entered in the meet, unaccompanied by a USA Swimming member-coach, must be certified by a USA Swimming member-coach as being proficient in performing a race start or must start each race from within 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 warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. Outside barbeque pits are not permitted. No glass containers allowed on deck. No propane heaters/tanks are allowed in any area of the meet venue, except for snack bar and meet operations. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

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 January 16, 2013, using the 2012 Pacific Swimming 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 enter this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times or seeding per the Pacific Swimming Policy. Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as shown on their registration card. All swimmer registration will be checked against the SWIMS database. If a swimmer is 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 ABBR".

ENTRY FEES: Individual entries - \$2.75 per event and \$8.00 Participation Fee per swimmer
Relay entries - \$9.00 per relay

MAKE CHECKS PAYABLE TO: Zone 2 – Pacific Swimming

MAIL ENTRIES TO: David Benjamin
769 Rodney Drive
San Leandro, CA 94577

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. Only the team coaches may enter relays – see instructions below.

INDIVIDUAL ENTRIES: Two entry options

1) ONLINE MEET ENTRIES

Enter at <http://ome.swimconnection.com/pc/z2champs20130126> to receive immediate confirmation of acceptance via email. Go to the same address to check for session "open" or "closed" status. 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 11:59 p.m, Wednesday, January 16, 2013. No late entries will be accepted. PRINT OUT the online confirmation and BRING IT to the meet as proof of entry.

2) SURFACE MAIL/HAND-DELIVERED ENTRIES

Entries must be on a Zone 2 Championship Consolidated Entry Card. 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 on or before Monday, January 14, 2013, or hand-delivered no later than 7:00 p.m. Wednesday, January 16, 2013 to David Benjamin 769 Rodney Drive, San Leandro, CA 94577. **No late entries will be accepted.** Except for mandatory scratches, no refunds will be made.

RELAY ENTRIES: 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 Entry forms to David Benjamin, 769 Rodney Drive, San Leandro, CA 94577. Relay entries must be postmarked on or before January 14, 2013, or hand-delivered by 7:00 p.m. Wednesday, January 16, 2013.

NOTE: All relay swimmers who are not entered in at least one individual event in this meet must be entered on the RELAY ONLY form.

At the coaches meeting, teams will receive pre-entered cards showing all the relays they have entered with all of the eligible swimmers that can compete on each relay. Coaches must come to the computer room only if they wish to scratch one or more relays. After the scratch deadline as passed and the relays have been seeded, coaches will be notified when they can pick up their relay cards. The order of swim must be declared before each relay begins.

Along with the Relay Entry Forms, teams must submit the names of a Team Contact and one person who will work a 4-hour shift as a marshal.

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 60 minutes before the estimated start time of the first heat of that event. No event shall be closed more than 30 minutes before the scheduled start of the session. A swimmer who does not check in will not be allowed to compete in the event.

SCRATCHES: Swimmers entered in an individual event who 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. Failure to swim an event will result in being barred from their next individual event on that day or the next meet day, whichever is first. Exception: No penalty shall apply for failure to withdraw or compete in an individual event if the referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the referee that the no-show was caused by circumstances beyond the control of the swimmer.

SCORING: 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 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 number of entries. If there is 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 coaches and officials. Hospitality will be available for timers during their shifts only.

MINIMUM OFFICIALS RULE: One-half hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of officials, and shall compare the number of entries against the number of officials present representing each team. Those teams who have not provided sufficient officials will be fined \$100 per missing official. 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 the meet in accordance with the following table:

Number of swimmers entered in meet per team	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

Event Summary
Saturday, January 26, 2013

8 & UN	9-10	11-12	13-14	15-18
50 FR	100 FR	100 FR	200 FR	100 FR
25 BR	50 BR	100 BR	100 BR	100 BR
100 IM	100 IM	200 IM	200 IM	200 IM
25 FR	50 FR	50 FR	50 FR	50 FR
100 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay

Sunday, January 27, 2013

8 & UN	9-10	11-12	13-14	15-18
25 BK	50 BK	100 BK	100 BK	100 BK
25 FL	50 FL	100 FL	100 FL	100 FL
100 FR	200 FR	200 FR	100 FR	200 FR
100 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay

ALL EVENTS WILL BE SEEDED AND SWUM FASTEST TO SLOWEST

Event #	Zone 2 Short Course Championship Saturday, January 26, 2013				Event #
GIRLS	Qualifying Time	Age Group	Event	Qualifying Time	BOYS
1	1:11.69	17-18	100 Freestyle	1:05.39	2
	1:11.69	15-16		1:05.39	
3	2:34.99	13-14	200 Freestyle	2:29.39	4
5	1:16.09	11-12	100 Freestyle	1:15.29	6
7	1:27.29	9-10	100 Freestyle	1:27.29	8
9	53.29	8-UN	50 Freestyle	53.29	10
11	1:33.79	17-18	100 Breaststroke	1:26.79	12
	1:33.79	15-16		1:26.79	
13	1:33.79	13-14	100 Breaststroke	1:29.09	14
15	1:39.49	11-12	100 Breaststroke	1:41.09	16
17	53.19	9-10	50 Breaststroke	53.29	18
19	31.49	8-UN	25 Breaststroke	31.49	20
21	2:57.29	17-18	200 I.M.	2:44.49	22
	2:57.29	15-16		2:44.49	
23	2:57.29	13-14	200 I.M.	2:48.89	24
25	3:09.59	11-12	200 I.M.	3:12.39	26
27	1:41.59	9-10	100 I.M.	1:41.59	28
29	2:12.29	8-UN	100 I.M.	2:12.29	30
31	32:89	17-18	50 Freestyle	30:29	32
	32:89	15-16		30:29	
33	32:89	13-14	50 Freestyle	31:29	34
35	35.19	11-12	50 Freestyle	34.59	36
37	39.79	9-10	50 Freestyle	39.79	38
39	23.49	8-UN	25 Freestyle	23.49	40
41		15-18	200 Medley Relay		42
43		13-14	200 Medley Relay		44
45		11-12	200 Medley Relay		46
47		9-10	200 Medley Relay		48
49		8-UN	100 Medley Relay		50

15-18 individual events will be swum together but scored separately as 15-16 and 17-18.
 Relay swimmers must be entered in their correct relay age group (8UN, 9-10, 11-12, 13-14, 15-16, 17-18)

All events will be seeded and swum fastest to slowest

Event #		Zone 2 Short Course Championship Sunday, January 27, 2013			Event #
GIRLS	Qualifying Time	Age Group	Event	Qualifying Time	BOYS
51	1:21.59	17-18	100 Backstroke	1:18.39	52
	1:21.59	15-16		1:18.39	
53	1:21.69	13-14	100 Backstroke	1:18.89	54
55	1:27.79	11-12	100 Backstroke	1:29.39	56
57	46.19	9-10	50 Backstroke	47.59	58
59	28.49	8-UN	25 Backstroke	28.49	60
61	1:20.89	17-18	100 Butterfly	1:13.89	62
	1:20.89	15-16		1:13.89	
63	1:20.89	13-14	100 Butterfly	1:17.49	64
65	1:28.19	11-12	100 Butterfly	1:30.19	66
67	44.99	9-10	50 Butterfly	44.59	68
69	27.39	8-UN	25 Butterfly	27.39	70
71	2:34.99	17-18	200 Freestyle	2:23.69	72
	2:34.99	15-16		2:23.69	
73	1:11.69	13-14	100 Freestyle	1:08.19	74
75	2:49.19	11-12	200 Freestyle	2:49.39	76
77	3:14.59	9-10	200 Freestyle	3:17.19	78
79	2:00.99	8-UN	100 Freestyle	2:00.99	80
81		15-18	200 Free Relay		82
83		13-14	200 Free Relay		84
85		11-12	200 Free Relay		86
87		9-10	200 Free Relay		88
89		8-UN	100 Free Relay		90

15-18 individual events will be swum together but scored separately as 15-16 and 17-18.
 Relay swimmers must be entered in their correct relay age group (8UN, 9-10, 11-12, 13-14, 15-16, 17-18)

All events will be seeded and swum fastest to slowest

PACIFIC SWIMMING ZONE 2 CHAMPIONSHIP MEET
 January 26-27, 2013
TEAM CONTACT INFORMATION AND RELAY SUMMARY SHEET

TEAM: _____

COACH: _____ PHONE: (____) _____

PRIMARY ZONE 2 CHAMPIONSHIPS 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 4-hour shift on the day and time indicated below (note: marshals need not be members of USA Swimming)

Saturday: AIA, EBAT, MSJA, SRVL, AAA, EA

7:00 a.m. to 11:00 a.m. shift Name: _____ Email: _____

Saturday: BSW, EBSD, MONT, TERA, PST

11:00 a.m. to 3:00 p.m. shift Name: _____ Email: _____

Sunday: CDST, FF, ONDA, HILL, WCAB

7:00 a.m. to 11:00 a.m. shift Name: _____ Email: _____

Sunday: CROW, LAC, PLS, TRIV, ALGA

11:00 a.m. to 3:00 p.m. shift Name: _____ Email: _____

Consolidated RELAY ENTRY FEE	
Total Relay Entries _____ X \$9.00 = Total Amount Due →	\$

RELAY ONLY SWIMMERS must be ATTACHED to your team and entered in the table below					
LAST NAME	FIRST NAME	MI	DOB	Gender	PC Registration #

Zone 2 Championship – 2013 RELAY ENTRY SUMMARY. Enter time of each relay team, use additional page if more than six teams each event Coaches please note → All relay only swimmers must be entered on the RELAY ONLY entry sheet so their registration can be checked.									
Event No.	Gender /Age	Event	A	B	C	D	E	F	Total No. Relays
41	15-18 Girls	200 Medley Relay							
42	15-18 Boys	200 Medley Relay							
43	13-14 Girls	200 Medley Relay							
44	13-14 Boys	200 Medley Relay							
45	11-12 Girls	200 Medley Relay							
46	11-12 Boys	200 Medley Relay							
47	9-10 Girls	200 Medley Relay							
48	9-10 Boys	200 Medley Relay							
49	8-UN Girls	100 Medley Relay							
50	8-UN Boys	100 Medley Relay							
81	15-18 Girls	200 Free Relay							
82	15-18 Boys	200 Free Relay							
83	13-14 Girls	200 Free Relay							
84	13-14 Boys	200 Free Relay							
85	11-12 Girls	200 Free Relay							
86	11-12 Boys	200 Free Relay							
87	9-10 Girls	200 Free Relay							
88	9-10 Boys	200 Free Relay							
89	8-UN Girls	100 Free Relay							
90	8-UN Boys	100 Free Relay							
TOTAL TEAM RELAY ENTRIES →									

Zone 2 Short Course Championship Meet January 26-27, 2013 Consolidated Entry Card		
Name		

Last		First
M.I.		
Club Abbr.	If unat team abbr	Club Name
Age	Date of Birth	Sex
USA Swimming Registration #		
Event #	Distance / Stroke (SCY / LCM)	Entry Time
	()	: .
	()	: .
	()	: .
	()	: .
	()	: .
	()	: .
	()	: .
	()	: .
	()	: .
# of Entries _____ x \$2.75 = _____		
Participation Fee = ____\$8.00____		
Total = _____		
Coach:		
Swimmer's address:		
Phone:		
e-mail address:		

Zone 2 Short Course Championship Meet January 26-27, 2013 Consolidated Entry Card		
Name		

Last		First
M.I.		
Club Abbr.	If unat team abbr	Club Name
Age	Date of Birth	Sex
USA Swimming Registration #		
Event #	Distance / Stroke (SCY / LCM)	Entry Time
	()	: .
	()	: .
	()	: .
	()	: .
	()	: .
	()	: .
	()	: .
	()	: .
	()	: .
# of Entries _____ x \$2.75 = _____		
Participation Fee = ____\$8.00____		
Total = _____		
Coach:		
Swimmer's address:		
Phone:		
e-mail address:		