

2016 ZONE 3 SUMMER CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE CHAMPIONSHIP MEET
JULY 30 – 31, 2016
ENTER ONLINE: <http://ome.swimconnection.com/pc/Zone320160730>



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-102**

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: Albert Yu Yu64fam@pacbell.net	Head Starter: Andy Downs
Meet Marshal: Will be assigned	Admin Official: Barbarie Gonzalez
Meet Director: Debbie Rodinsky 707 334 3764	

LOCATION: Vintage High School Pool, 1375 Trower Avenue, Napa, CA 94558.

Pool Entrance is off Jefferson Street. There will be plenty of parking in the adjacent lot. **PARKING LOT GATES WILL BE LOCKED UNTIL 8:00 AM – ABSOLUTELY NO ENTRANCE TO THE PARKING LOT OR POOL AREA WILL BE ALLOWED BEFORE 8:00 AM. Please do not block the entrance to the pool parking lot not allowing the gate to be unlocked in a timely manner.**

COURSE: Outdoor 25 yard pool with up to 10 lanes available for competition. Additional lanes will be available for warm-up/warm down throughout the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 10.00 AM each day with warm-ups from 8:30 to 9:30 AM each day. A special warm-up time for 8 and under athletes only will be held from 9:30 to 9:45 AM

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall 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 fastest to slowest.
- Athletes may compete in **3** events per day excluding relays.
- All athletes 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 athlete's 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 refunds will be made for any mandatory scratches. The format of how the refund will be distributed will be at the discretion of the Meet Referee and the Meet Director.
- At the discretion of the Meet Referee, events and heats may be combined
- When the number of splashes either meet or exceed the estimated timeline, all entries will be closed and notification posted on the swim connection website and Pacific Swimming website. Entry forms and payment received after the close of the meet will be returned with an explanation.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

RELAYS: • **ALL RELAY ATHLETES, INCLUDING THOSE SWIMMING RELAYS ONLY, MUST BE PRE-ENTERED IN THE MEET AND HAVE COMPLETED A CONSOLIDATED ENTRY CARD.**

- Each club may enter as many relays as possible but only the two fastest relays swum from each club, will be scored or awarded.
- Relay entries must be pre-entered. Teams will be required to pay for all relay entered.

- **RELAY ENTRIES will be entered on line through SwimConnection at <http://ome.swimconnection.com/pc/Zone320160730>. Entry dead line will be Friday, July 15, 2016.**

UNACCOMPANIED ATHLETES: Any USA Swimming athlete-member competing at the meet shall 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 Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the athlete 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 Swimming Club Member-Coach.

RACING STARTS: Any athlete entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall start each race from within the water. When unaccompanied by a USA Swimming member coach, it is the responsibility of the athlete or the athlete'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 on standing areas and in all areas used by athletes, 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.
 - Only coaches' tents will be allowed on the Pool Desk.
 - No coach tents will be allowed within 20 feet of lane 1 of the competition pool.
 - No tents, EZ ups, chairs (except those for coaches) or any form of "setup" or loitering will not be allowed on the pool deck.
 - Team tent/setup will be allowed in the basketball courts only.
 - Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
 - No pets allowed on deck, other than service assistance animals.
 - 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.
 - Clubs and families are to set up on the basketball court only.

ELIGIBILITY:

- Athletes 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 athlete with the registration and times database. The meet host will check all athlete 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 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 athletes 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athlete shall meet standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.
- This meet is open ONLY to athletes registered in Zone 3 of Pacific Swimming. **Clubs not registered with USA Swimming and Pacific Swimming for the year 2016 may NOT be represented in this meet. Their athletes may compete as unattached if the individual athlete has a current 2016 USA Swimming/PC membership**
- Athletes may **not** enter any event in which they have a Far Western Qualifying Time. The Far Western Qualifying Standards (which are the USA Swimming AAA Motivational Time Standards) can be found at <http://www.pacswim.org/userfiles/cms/documents/859/fw-qualifying-summer-16.pdf>

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per athlete. \$9.00 per relay. Entries will be rejected if payment is not sent at time of request. No refunds will be made except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/Zone320160730> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through **Thursday, July 15.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries must be postmarked by midnight, **Monday July 11, 2016** or hand delivered by 6:30 p.m., July 15, 2016. No late entries will be accepted. 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
301 Angelina Way
Vallejo, Ca, 94589**

CHECK-IN: The meet shall be deck seeded. Athletes shall check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. Athletes who do not check in shall not be seeded and shall not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes 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.

Individual Events - Ribbons 1st through 8th.

Relays - Ribbons 1st through 3rd.

Awards for age group 15 and Over will be awarded as a combined age group.

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

Team trophies to 2nd and 3rd place teams

Female and Male athletes in each age group with the highest accumulated points will be awarded.

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: At least seven days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each club participating in the meet, and provide a preliminary inventory of the officials that club is required to provide for each session. Each club shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each session by each club with the number of officials present representing each club. If meet management certifies that a club 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 club will be fined \$100 per missing official per session of the meet.

Club athletes 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 assigned and working 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 uncarded Trainees in the count of officials for up to two sessions. Clubs may use officials “borrowed” from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-UP	8 & UN	9-10	11-12	13-UP
100 M.R	200 M.R.	50 BK	200 IM	100 FR.R.	200 FR.R	100 FL	200 FR
25 BK	50 BK	100 BR	100 BR	50 FL	100 FL	100 BK	100 FL
50 BR	100 BR	200 M.R.	200 M.R.	50 BK	100 BK	200 FR.R.	100 BK
25 FR	100 FR	100 FR	100 FR	25 BR	50 BR	50 BR	200 FR.R.
25 FL	50 FL	50 FL		50 FR	50 FR	50 FR	50 FR
100 IM	200 IM	200 IM			200 FR	200 FR	

Saturday, July 30, 2016

Girls #	Event	Boys #
1	8 and Under 100 Med Relay	2
3	9-10 200 Med Relay	4
5	13-14 200 IM	6
7	15 and Over 200 IM	8
9	11-12 50 Back	10
11	9-10 50 Back	12
13	8 and Under 25 Back	14
15	13-14 50 Back	16
17	15 and Over 50 Back	18
19	11-12 100 Breaststroke	20
21	9-10 100 Breaststroke	22
23	8 and Under 50 Breaststroke	24
25	13-14 100 Breaststroke	26
27	15 and Over 100 Breaststroke	28
29	11-12 200 Med Relay	30
31	13-14 200 Med Relay	32
33	15 and Over 200 Med Relay	34
35	11-12 100 Free	36
37	9-10 100 Free	38
39	8 and Under 50 Free	40
41	13-14 100 Free	42
43	15 and Over 100 Free	44
45	11-12 50 Butterfly	46
47	9-10 50 Butterfly	48
49	8 and Under 25 Butterfly	50
51	13-14 50 Butterfly	52
53	15 and Over 50 Butterfly	54
55	11-12 200 IM	56
57	9-10 200 IM	58

59	8 and under 100 IM	60
----	--------------------	----

EVENTS

Sunday, July 31, 2016

Girls #	Event	Boys #
61	8 and Under 100 Free Relay	62
63	9-10 200 Free Relay	64
65	13-14 200 Free	66
67	15 and Over 200 Free	68
69	11-12 100 Butterfly	70
71	9-10 100 Butterfly	72
73	8 and Under 50 Butterfly	74
75	13-14 100 Butterfly	76
77	15 and Over 100 Butterfly	78
79	11-12 100 Back	80
81	9-10 100 Back	82
83	8 and Under 50 Back	84
85	13-14 100 Back	86
87	15 and Over 100 Back	88
89	11-12 200 Free Relay	90
91	13-14 200 Free Relay	92
93	15 and Over 200 Free Relay	94
95	11-12 50 Breaststroke	96
97	9-10 50 Breaststroke	98
99	8 and Under 25 Breaststroke	100
101	13-14 50 Breaststroke	102
103	15 and Over 50 Breaststroke	104
105	11-12 50 Free	106
107	9-10 50 Free	108
109	8 and Under 25 Free	110
111	13-14 50 Free	112
113	15 and Over 50 Free	114
115	11-12 200 Free	116
117	9-10 200 Free	118

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

Pacific Swimming – Hosted by Zone 3 Zone 3 Championships July 30 – 31, 2016 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 \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													