

**2016 Pacific Swimming Zone All-Star Meet**  
**PACIFIC SWIMMING SHORT COURSE MEET**  
**February 28, 2016**  
**Hosted by: Zone 2**



**PACIFIC**  
**SWIMMING**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-011**

*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 may be posted in real time on Meet Mobile.**

**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, 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:**

<b>Meet Referee:</b>	<b>Leo Lin</b>	<b>Head Starter:</b>	<b>David Benjamin</b>
<b>Admin Referee:</b>	<b>Carol Cottam</b>	<b>Meet Marshal:</b>	<b>Holly Taifer</b>
<b>Meet Director:</b>	<b>Amy Gonzales - <a href="mailto:chgaagerg@yahoo.com">chgaagerg@yahoo.com</a></b>		

**LOCATION:** Las Positas College Aquatic Center, Las Positas College, 3000 Campus Hill Drive, Livermore, CA 94551.

**DIRECTIONS:** from East Bay: Take I-580 EAST toward Stockton, exit at AIRWAY BLVD, turn LEFT on AIRWAY BLVD, crossing over HWY 580, turn RIGHT on N CANYONS PKY - continue 1.5 miles; turn LEFT on COLLIER CANYON RD. or CAMPUS HILL DRIVE. Arrive at Las Positas College. For campus map - <http://www.laspositascollege.edu/about/documents/MAP2014FALLlowresprintable.pdf>

**COURSE:** Outdoor 25 yard pool with up to 10 lanes available for competition. An additional pool will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is at least 4'1/2" at the start end and at least 4'1/2" at the turn end. The course has been certified in accordance with Article 104.2.2C (4). A copy of the certification is on file with USA Swimming

**TIME:** Meet will begin at 10:00am on Sunday, February 28, 2016 with warm-ups from 8:30am to 9:45am.

**Saturday Team Warm-ups:** Zone teams have a 1-hour warm-up period between 2:00pm and 5:00pm on Saturday, February 27, 2016. Each Zone will be assigned the warm-up time for Saturday.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will 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 fast to slow.**
- Entries will be selected and entered by the five Zones of Pacific Swimming
- Each Zone Team may enter 4 swimmers per individual event and two (2) relay teams per relay event.
- Swimmers may compete in a maximum of here (3) individual events per day plus relays.
- An alternate swimmer who replaces an entered swimmer must compete in the entered swimmer's event.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
- Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must show proof of current USA Swimming Coach Membership.

**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, on 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.
- No Canopies or camps set up in the park, inside or outside of the pool; per city ordinance.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- 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.

**ELIGIBILITY:** This meet is open only to swimmers who have been selected to compete by each Zone. No swimmer who has applied and been selected for either of the Western Zone All-Star, North American Challenge Cup or the Pacific Coast All-Star Teams will be eligible regardless of age. The swimmer does not have to have competed in either of these meets. Swimmers must be current members of USA-S. 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:** Entries must be emailed to the entries chair using the Hy-Tek entry file provided to the zones. All entries must be electronically received by 9:00 pm Monday, February 22, 2016, **and must include a PDF or hard-copy printout of the Zone's complete entries showing assigned heat and lane for each entry.**

**Each Zone must assign each entry to a heat and lane for their Zone per the seeding tables below, before submitting entries.**  
**Unseeded entries received will be returned or seeded at the meet host's discretion. All events will swim fast to slow.**

Entries should be emailed to: Leo Lin at [lilin@pacswim.org](mailto:lilin@pacswim.org)

**SEEDING:** Lane seeding is based on the order of finish in 2015 Zone All Star Meet, Heat and lane assignment for each event is shown in table below. **All events will swim fast to slow:**

Heat	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
Heat 1	4	2	3	1S	1N	2	4	1N	1S	3
Heat 2	4	2	3	1S	1N	2	4	1N	1S	3

**CHECK-IN:** The meet will be pre-seeded. There will be no check-in. There will be no penalty for failing to swim a scheduled event.

**AWARDS:** None. There shall be no individual or relay awards. A trophy will be awarded to the highest scoring Zone team.

**SCORING: INDIVIDUAL POINTS** 24 21 20 19 18 17 16 15 14 13 11 9 8 7 6 5 4 3 2 1  
**RELAY POINTS** 48 42 40 38 36 34 32 30 28 26

**ADMISSION:** Free. A program is available for coaches and officials.

**REFRESHMENTS:** No snack bar will be hosted. Coaches and working deck officials will be provided snacks and lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. No noise makers allowed in the pool venue. Parents please respect the area designated for coaches (i.e. do not sit or stand in front of coaches, keep clear of coaches seating area).

**OFFICIALS:** Each Zone should provide at least 2 stroke and turn officials for the duration of the meet.

**Lane Timing Assignments:** Zones are responsible for providing number of lane timers as follows:

**1N: 7, Z1S: 7, Zone2: 7, Zone3: 6, Zone4: 3**

See Table below for seat assignments

Timing Chairs	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
1	1N	1N	2	1N	1N	2	1N	1N	2	1N
2	1S	1S	3	1S	1S	3	1S	1S	3	1S
3	2	3	4	2	3	4	2	3	4	2

### EVENTS

Girls Event #	Description	Boys Event #
1	8 & UNDER 100 MEDLEY RELAY	2
3	9 & 10 200 MEDLEY RELAY	4
5	11 & 12 200 MEDLEY RELAY	6
7	13 & 14 200 MEDLEY RELAY	8
9	8 & UNDER 25 FREE	10
11	9 & 10 50 FREE	12
13	11 & 12 50 FREE	14
15	13 & 14 50 FREE	16
17	8 & UNDER 100 IM	18
19	9 & 10 100 IM	20
21	11 & 12 200 IM	22
23	13 & 14 200 IM	24
25	8 & UNDER 25 FLY	26
27	9 & 10 50 FLY	28
29	11 & 12 100 FLY	30
31	13 & 14 100 FLY	32
33	8 & UNDER 25 BACK	34
35	9 & 10 50 BACK	36
37	11 & 12 100 BACK	38
39	13 & 14 100 BACK	40
41	8 & UNDER 25 BREAST	42
43	9 & 10 50 BREAST	44
45	11 & 12 100 BREAST	46
47	13 & 14 100 BREAST	48
49	8 & UNDER 50 FREE	50
51	9 & 10 100 FREE	52
53	11 & 12 100 FREE	54
55	13 & 14 200 FREE	56
57	8 & UNDER 100 FREE RELAY	58
59	9 & 10 200 FREE RELAY	60
61	11 & 12 200 FREE RELAY	62
63	13 & 14 200 FREE RELAY	64