

**ZONE 2 SHORT COURSE WINTER CHAMPIONSHIP
PACIFIC SWIMMING SHORT COURSE MEET
JANUARY 25-26, 2020**

Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **20-012**

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.

ZONE 2 ALL STAR NOTE: This is the SELECTION MEET for the Pacific Swimming Zone All Star Meet being held at George Haines International Swim Center in Santa Clara, CA on Feb 29-Mar 1, 2020. The **Zone-2 All Star team** will consist of up to eight girls and eight boys from four age divisions (8-under, 9-10, 11-12, and 13-14) for a total of 64 athletes. The selection for seven athletes in each gender of each age group will be determined by the total number of points scored in each of the six selection events listed below at this Zone 2 Championship Meet.

Selection Events by Age Groups:

- 8/U: 25-Free, 100-IM, 25-Fly, 25-Back, 25-Breast, 50-Free
- 9-10: 50-Free, 100-IM, 50-Fly, 50-Back, 50-Breast, 100-Free
- 11-12: 50-Free, 200-IM, 100-Fly, 100-Back, 100-Breast, 100-Free
- 13-14: 50-Free, 200-IM, 100-Fly, 100-Back, 100-Breast, 200-Free

Any athletes who wish to be considered for the Zone 2 All-Star Team must perform the following two steps:

- i) **Enter** (and compete) in AT LEAST ONE OF THE SIX SELECTION EVENTS LISTED ABOVE at this Zone 2 Championship meet (*NOTE: Swimming more selection events increases the chance of selection*)
- ii) **Complete and Submit** THE LETTER OF INTENT ONLINE at <https://zone2allstar2020.eventbrite.com/> no later than 11:59pm of January 23, 2020.

More information can be found at <https://zone2allstar2020.eventbrite.com/> or e-mail: pacswimzone2@gmail.com

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 the Internet.**

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: Peter McNamara	Head Starter: David Cottam
Meet Marshal: Alex Silver	Admin Referee: Tom Cross
Meet Director: Jay Rowland jrowland@pacswim.org	

LOCATION: Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga, California.

DIRECTIONS: 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 for the shallow end course, 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). A copy of the certification is on file with USA Swimming.

TIME: Meet begins at 9:00 AM each day. General warm-ups begin at 7:30 AM and end at 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:45 to 8:55 AM.

- RULES:**
- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), 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.
 - Athletes may compete in a maximum of four (4) individual events per day plus 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 athletes 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 made for any mandatory scratches.
 - **UNATTACHED ATHLETES MAY NOT SWIM ON RELAY TEAMS.** Unattached athletes may score points for the purpose of the individual high point awards but their points will not count towards a team score.
 - **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
 - All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.

UNACCOMPANIED ATHLETES: 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 athlete or the athlete’s legal guardian to arrange for supervision by a USA-S 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-S Club Member-Coach.

RACING STARTS: Athletes 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 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 are 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.
 - Only timer and coach shelters will be allowed on deck.
 - All shelters must be properly secured.
 - Deck Changes are 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 are exempt per applicable laws.
 - Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

- 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.
 - The Zone 2 qualifying Time Standard has been set by the Zone 2 Board of Directors as the 2017-2020 USA-S Motivational “B” time standard for 9 & Over athletes and the Pacific Swimming 8 & Under “B” time standard for 8 & Under athletes.
 - Entries with **"NO TIME" will be REJECTED.**
 - Time standards can be found at <http://www.pacswim.org/swim-meet-times/standards>
 - Entry times submitted for this meet may 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 athletes must have met standards for the 17-18 age group and may not compete in relays or score points.

- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per athlete. Relay entries are \$9.00 per relay team and must be paid by check accompanying the relay entry form. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ENTRIES: Meet entries will not be accepted any earlier than December 21, 2019. Individual events may be entered for this meet online, or by mail/hand-delivery. Online meet entry is in no way required or expected in order to enter this meet. Only the club coaches may enter relays – see instructions below.

ONLINE ENTRIES: To enter online go to www.fastswims.com to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. 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 Wednesday, **January 15, 2020**, or until the meet has reached capacity, whichever comes first.

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, **January 13, 2020**, or hand delivered by 4:00 PM Wednesday, **January 15, 2020**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

RELAY ENTRIES: All relay entries shall be submitted by Zone 2 clubs 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. Relay entries must be postmarked on or before **Monday, January 13, 2020**, or hand-delivered by 4:00 PM **Wednesday, January 15, 2020**. The 8 & Under relays are being offered in a "Combined" format permitting entries of girls, boys or mixed relays which will be seeded by entry time and swim together.

NOTE: In order to verify athlete registration, all relay athletes 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, clubs will receive pre-entered cards showing all the relays they have entered with all of the eligible athletes 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 has 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, clubs **must** submit the names and phone numbers of a Club Volunteer Contact and the person(s) working the club's assigned 4-hour shift as a marshal.

MAKE CHECKS PAYABLE TO: Zone 2 – Pacific Swimming

MAIL/HAND DELIVER ENTRIES TO: Pacific Swimming Zone 2, 1320 Willow Pass Rd, 6th Floor #665, Concord, CA 94520

***** Hand deliveries must be made prior to 4:00 PM on business days only.**

CHECK-IN: The meet will be deck-seeded. Athletes must check in at the Clerk of Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining individual events for that day shall be at 10:30 AM.** Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

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.

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. Only individual event scores are counted for high point awards. Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 points. 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. There will be 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” athletes achieving an “A” (or “PC-A”) time will be awarded a standard “A” medal, regardless of place achieved in the event. No relay awards. No awards for athletes 19 and older. NOTE: Individual awards must be picked up at the meet. They will not be mailed out or distributed after the meet.

Club Awards: Clubs will be divided into three groups based on the number of athletes entered in the meet. The group assignments will be published with the timing assignments and officials requirements. The top three clubs in each group will receive awards.

ADMISSION: FREE. A two-day program will be available for sale at a reasonable price.

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: The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

Number of athletes entered in meet per club per day	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

EVENT SUMMARY – Saturday, January 25, 2020

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

EVENT SUMMARY – Sunday, January 26, 2020

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

EVENTS

Zone 2 Short Course Championship Saturday, January 25, 2020			Event #
GIRLS	Age Group	Event	BOYS
1	17-18	100 Freestyle	2
	15-16		
3	13-14	200 Freestyle	4
5	11-12	100 Freestyle	6
7	9-10	100 Freestyle	8
9	8-UN	50 Freestyle	10
11	17-18	100 Breaststroke	12
	15-16		
13	13-14	100 Breaststroke	14
15	11-12	100 Breaststroke	16
17	9-10	50 Breaststroke	18
19	8-UN	25 Breaststroke	20
21	17-18	200 I.M.	22
	15-16		
23	13-14	200 I.M.	24
25	11-12	200 I.M.	26
27	9-10	100 I.M.	28
29	8-UN	100 I.M.	30
31	17-18	50 Freestyle	32
	15-16		
33	13-14	50 Freestyle	34
35	11-12	50 Freestyle	36
37	9-10	50 Freestyle	38
39	8-UN	25 Freestyle	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	Combined 100 Medley Relay	49

Zone 2 Short Course Championship Sunday, January 26, 2020			Event #
GIRLS	Age Group	Event	BOYS
51	17-18	100 Backstroke	52
	15-16		
53	13-14	100 Backstroke	54
55	11-12	100 Backstroke	56
57	9-10	50 Backstroke	58
59	8-UN	25 Backstroke	60
61	17-18	100 Butterfly	62
	15-16		
63	13-14	100 Butterfly	64
65	11-12	100 Butterfly	66
67	9-10	50 Butterfly	68
69	8-UN	25 Butterfly	70
71	17-18	200 Freestyle	72
	15-16		
73	13-14	100 Freestyle	74
75	11-12	200 Freestyle	76
77	9-10	200 Freestyle	78
79	8-UN	100 Freestyle	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	Combined 100 Free Relay	89

Zone 2 Championship Minimum Time Standard = 2017-2020 USA-S Motivational "B" time standard for 9 & over athletes and the Pacific Swimming 8 & under "B" time standard for 8 & under athletes. 15-18 individual events will be swum together but scored separately as 15-16 and 17-18. Relay athletes must be entered in their correct relay age group (8UN, 9-10, 11-12, 13-14, 15-16, 17-18.) Time standards can be found at <http://www.pacswim.org/swim-meet-times/standards>

PACIFIC SWIMMING ZONE 2 CHAMPIONSHIP MEET
January 25-26, 2020
CLUB CONTACT INFORMATION AND RELAY SUMMARY SHEET

CLUB: _____

COACH: _____ PHONE: (_____) _____

PRIMARY ZONE 2 CHAMPIONSHIPS CLUB ASSIGNMENT: _____

NAME OF CLUB CONTACT: _____

EMAIL: _____ PHONE: (_____) _____

NAME OF CLUB MARSHAL: _____

EMAIL: _____ PHONE: (_____) _____

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

RELAY ONLY ATHLETES must be ATTACHED to your club and entered in the table below

LAST NAME	FIRST NAME	MI	DOB	Gender	PC Registration #

Zone 2 Championship – 2020 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 athletes 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 Combined	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 Combined	100 Free Relay							
TOTAL CLUB RELAY ENTRIES →									
CLUB CODE →									

Pacific Swimming Zone 2
Short Course Championship
January 25-26, 2020
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