

**2019 ZONE 1 NORTH SHORT COURSE SWIM CHAMPIONSHIPS**

**PACIFIC SWIMMING SHORT COURSE MEET**

**JANUARY 25-26, 2020**

Enter Online: [www.fastswims.com](http://www.fastswims.com)

**PARTICIPATING Z1N TEAMS: ALTO, BSC, BAC, DCD, HDAC, LO, MAV, MNLO, OSC, PSRP, PSL, PCCA, SSF, DACA, LAMV, MCAC, PASA, SUNN, YEMB, BGC, MLKB, FOG**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-019**

*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 the Internet at The results of this meet may be posted in real time online.**

**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.

**OFFICIALS:**

<b>Meet Referee:</b> Jon Sasano	<b>Head Starter:</b> Paul Reidl
<b>Meet Marshal:</b> Megan J Waters	<b>Admin Referee:</b> Stephanie Kuang
<b>Meet Director:</b> Nick Wooters – <a href="mailto:zone1northmeetdirector@gmail.com">zone1northmeetdirector@gmail.com</a>	

**LOCATION:** College of San Mateo Aquatic Center, 1700 West Hillsdale Boulevard, Building #5, San Mateo, CA.

**DIRECTIONS:** **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 up hill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. Ample free parking is available on campus in Beethoven Lot 2 and Hillsdale lot. Look for and obey posted parking restrictions. Payment and display of permit is required for visitor spaces.

**COURSE:** OUTDOOR 25 YARD pool with up to two ten [10] lane courses available for competition. An additional 2 or more lanes 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 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 will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. The pool deck will open at 7:00AM each day.

**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 and will swim fast to slow.
- Athletes may compete in three (3) individual events and one (1) relay per day.
- 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.
- All events are timed finals and pre-seeded. It is the athlete's responsibility to report to the proper lane in the correct heat of their events. All athletes must be behind the blocks and prepared to compete prior to their heat. Names of missing athletes will not be called by the Starters. An athlete who misses their heat will not be permitted to swim that event in a different heat.
- 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

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

**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, or 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.
- **Swim meet patrons should observe all signs posted and comply with facility staff requests**
- Deck Changes are prohibited. **Use Athlete locker rooms located in Building 8 (scoreboard side of pool)**
- 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 result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) 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:**

- This meet is open only to members of Participating Zone 1 North clubs.
- 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.
- Athletes 8/Under must have met the 2018 Pacific Swimming "A" standard in every event entered. Athletes 9/Over must have met the 2017-2020 USA-S Motivational "BB" time standard for their age group and gender in every event entered. **Entries with "NO TIME" will be rejected.**
- 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. Coach verified times may be used.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations 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.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** The meet is open only to members of participating Zone 1 North swim clubs: **ALTO, BSC, BAC, DCD, HDAC, LO, MAV, MNLO, OSC, PSRP, PSL, PCCA, SSF, DACA, LAMV, MCAC, PASA, SUNN, YEMB, BGC, MLKB, FOG.**

**ENTRY FEES:** \$4.00 per individual event, \$8.00 participation fee per athlete. \$9.00 per relay. **\*\*Note, relay only athletes ARE NOT required to pay the participation fee. All entry fees MUST be included with entry.**

**ONLINE ENTRIES:** You may enter this meet online or by U.S. mail. To enter on-line go to [www.fastswims.com](http://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 11:59PM Saturday, January 18, 2020. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

**TEAM ENTRIES:** Entire team entries should be sent via email to: Nick Wooters at [zone1northmeetdirector@gmail.com](mailto:zone1northmeetdirector@gmail.com)  
**Team entries must be remitted with one check for the entire team. Entries must be submitted by midnight (11:59PM) Saturday, January 18, 2020. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

**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, **Thursday, January 16** or hand delivered by 6:30 p.m. Saturday, **January 18, 2020**. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**SEEDING:** Event seeding will be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters - USA Swimming rules 207.11.7B.

**RELAY ENTRIES:** Relay entries will be accepted online or via mail/hand delivery by the entry deadline. **Deck entries will not be accepted.** Participation fee is not charged for "Relay Only" athletes. "Relay Only" athletes **MUST** be entered in the meet.

**Make check payable to: PACIFIC SWIMMING ZONE 1N**

**Mail entries to: Ladera Oaks  
Nick Wooters  
3249 Alpine Road  
Portola Valley, CA 94028**

**Hand deliver entries to: Ladera Oaks  
Nick Wooters  
3249 Alpine Road  
Portola Valley, CA 94028**

**CHECK-IN:** All individual events will be pre-seeded. Athletes are not required to check-in.

**SCRATCHES:** Athletes shall report promptly to the starting blocks when their event/heat is called. Any athletes not reporting for or competing in an individual timed final event shall NOT be penalized.

**AWARDS:** Ribbons will be awarded to the top sixteen (16) places in individual events and top eight (8) places in relay events. Club champions will be awarded in three divisions, based on the size of the club, following the table below. Ribbons will not be provided for athletes ages 15 and older. **The Ray Taft Award** will be awarded to the fastest male 100 backstroke of the meet. Unattached athletes will not receive awards. "A" Medals may be issued to athletes by their OWN CLUBS, "A" medals will not be awarded at the meet. **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 Athletes
Division 2	40-99 Athletes
Division 3	100 or more Athletes

**ADMISSION:** Free. A pdf file of the meet program will be provided to all participating clubs at least twenty-four hours before the meet.

**REFRESHMENTS:** Coaches will be provided breakfast hospitality but should plan to provide their own lunch. There will be full snack bar service available. A complimentary lunch will be provided for officials.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

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

Club athletes entered in session	Trained and carded officials requested
0-24	0
25-50	1
51-75	2
76-100	3
101+	4+ (one for each additional 25 athletes)

**ZONE 1 NORTH ALL STAR:** This is a selection meet for the Zone 1 North All-Star Team. Athletes 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.

### EVENT SUMMARY

SATURDAY, JANUARY 25 2020					SUNDAY, JANUARY 26, 2020				
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 BK	50 BK	50 BK	100 BK	100 BK
25 FR	50 FR	50 FR	50 FR	50 FR	25 FL	50 FL	50 FL	100 FL	100 FL
25 BR	50 BR	50 BR	100 BR	100 BR	50 FR	100 FR	100 FR	100 FR	100 FR
100 FrRel	200 FrRel	200 FrRel	200 FrRel	200 FrRel	100 MR	200 MR	200 MR	200 MR	200 MR

### EVENTS

LCM Time Standard	SCY Time Standard	Girls #	SATURDAY 1/25/2020	Boys #	SCY Time Standard	LCM Time Standard
2:56.99	2:33.79	1	17 – 18 200 IM	2	2:19.39	2:41.69
2:59.69	2:36.19	3	15 – 16 200 IM	4	2:21.79	2:43.99
3:03.39	2:39.19	5	13 – 14 200 IM	6	2:28.59	2:51.99
	1:18.39	7	11 – 12 100 IM	8	1:14.99	
	1:31.69	9	9 – 10 100 IM	10	1:29.39	
	1:49.29	11	8 & U 100 IM	12	1:49.29	
33.53	29.19	13	17 – 18 50 Free	14	25.99	30.09
33.79	29.79	15	15 – 16 50 Free	16	26.79	30.09
34.59	30.29	17	13 – 14 50 Free	18	27.89	31.99
35.79	31.49	19	11 – 12 50 Free	20	30.29	34.69
39.89	35.19	21	9 – 10 50 Free	22	34.49	38.49
	19.49	23	8 & U 25 Free	24	19.49	
1:32.49	1:19.79	25	17 – 18 100 Breast	26	1:10.49	1:22.19
1:32.49	1:20.69	27	15 – 16 100 Breast	28	1:12.09	1:23.49
1:34.99	1:22.39	29	13 – 14 100 Breast	30	1:15.59	1:28.09
45.49	39.99	31	11 – 12 50 Breast	32	39.59	45.39
53.99	47.49	33	9 – 10 50 Breast	34	46.59	53.29
	25.99	35	8 & U 25 Breast	36	25.99	
		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		

<b>LCM Time Standard</b>	<b>SCY Time Standard</b>	<b>Girls #</b>	<b>SUNDAY 01/26/2020</b>	<b>Boys #</b>	<b>SCY Time Standard</b>	<b>LCM Time Standard</b>
1:21.29	1:09.09	47	17 – 18 100 Back	48	1:01.49	1:13.39
1:21.99	1:10.09	49	15 – 16 100 Back	50	1:03.49	1:14.69
1:23.59	1:11.69	51	13 – 14 100 Back	52	1:06.89	1:18.29
41.19	35.59	53	11 – 12 50 Back	54	35.29	40.89
48.89	41.89	55	9 – 10 50 Back	56	42.39	49.19
	23.49	57	8 & U 25 Back	58	23.49	
1:18.59	1:08.89	59	17 – 18 100 Fly	60	1:01.19	1:10.69
1:19.49	1:09.99	61	15 – 16 100 Fly	62	1:03.39	1:11.79
1:21.09	1:11.39	63	13 – 14 100 Fly	64	1:06.39	1:15.49
38.29	34.09	65	11 – 12 50 Fly	66	34.19	39.69
47.29	41.79	67	9 – 10 50 Fly	68	40.49	45.99
	22.59	69	8 & U 25 Fly	70	22.59	
1:12.99	1:03.29	71	17 – 18 100 Free	72	56.99	1:05.99
1:13.59	1:04.59	73	15 – 16 100 Free	74	58.39	1:07.09
1:15.39	1:05.79	75	13 – 14 100 Free	76	1:00.89	1:09.09
1:18.49	1:08.29	77	11 – 12 100 Free	78	1:05.89	1:15.69
1:31.49	1:19.99	79	9 – 10 100 Free	80	1:18.79	1:30.29
49.99	43.99	81	8 & U 50 Free	82	43.99	49.99
		83	8 & U 100 Medley Relay	84		
		85	9 - 10 200 Medley Relay	96		
		87	11 – 12 200 Medley Relay	88		
		89	13 - 14 200 Medley Relay	90		
		91	15 - 18 200 Medley Relay	92		

Pacific Swimming – Hosted by Zone 1 North Short Course Championships 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						