

PACIFIC SWIMMING Zone 3 Long Course Championships

Hosted by Zone 3

co-sponsored by Pacific Swimming

July 26-27, 2014

Enter Online: <http://ome.swimconnection.com/pc/ZONE320140726>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-122**

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 electronic 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: *Meet Referee: Peggy Ramirez* Pramirez@pacswim.org 707 972 2016

Meet Director: Debbie Rodinsky rodsky@pacbell.net 707 334 3764

Head Starter: Don Bautista

Admin Referee: Debbie Tucker

Meet Marshal: A team attending the meet will be assigned this duty and will be posted at the meet.

EVALUATION MEET: Officials wishing to be evaluated must apply to the Meet Referee before the meet by email or when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of Trials and Finals. Officials dress for finals is a white polo shirts/blouse or Hawaiian shirt (encouraged), blue long pants or skirts, or shorts, and closed white athletic shoes. Recertification evaluations must each be done over 2 days, however, the official must work at least 4 sessions at the meet for the recertification evaluation(s) to be valid. The application form can be found on the Pacific Swimming Website.

LOCATION: **John F. Cunningham Aquatic Complex, 801 Heartwood Ave., Vallejo, CA.**

From I-80 East onto Georgia Street; from I-80 West, RIGHT up over freeway onto Georgia Street. Go east on Georgia Street, past (3) stoplights. Turn LEFT on Heartwood to pool. From Contra Costa, take I-680 NORTH to I-780 NORTH. Exit from I-780 at Columbus Parkway. Turn LEFT on Georgia Street. Turn RIGHT on Heartwood. Pool is on the left side. **Pool parking lot is for officials only who are working the meet. Those parking in improper areas will be ticketed by V.P.D and may be towed.**

COURSE: Outdoor heated pool: 50 meters, with up to 8 competition lanes. Separate warm-up and warm-down area available throughout the meet. The minimum water depth measured in accordance with Article 103.2.3, is 6' at the start end and 3.5' at the turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: Prelims Session "A" Saturday and Sunday **will begin at 9:00 AM** with warm ups between 7:30 AM and 8:45 AM. Prelim session "B" Saturday and Sunday will begin at 12 noon with warm ups between 10:30AM and 11:45 AM. Finals will begin no sooner than one hour after the completion of Prelims Session "B", the exact time to be announced each day.

RULES:

- Current USA/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 Course.
- Swimmers may compete in three (3) events each day plus relays.
- If conditions warrant it, the Meet Referee with the concurrence of the Meet Director, may require a mandatory scratch down or close the meet to further entries per the following statement:
- When the number of splashes either meets or exceeds the estimated timeline, all entries will be closed and notification posted on the Swim Connection website, and Pacific Swimming website. Entry forms and payments received after the close of meet will be returned with an explanation.
- In the event of a mandatory scratch down, immediate cash refunds will be made.

- The 13&O 400 IM, 11&O 400 Free, 13&O 200 Fly, 200 Breast and 200 Back, 9-10 100 Fly, 11-12 100 Fly, 9-10 200 Free, 11-12 200 Free, 9-10 200 IM, 11-12 200IM, and all 8&U events, and all relays will be swum as timed finals. All other events will be swum as trials and finals, with all preliminary heats swum during one of two morning sessions and all finals swum as a third session in the afternoon.
- At the discretion of the Meet Director and Meet Referee, the 400 IM and 400 free may be combined or swum alternating girls and boys heats.
- The 16 fastest times from trials, after scratches, will qualify for finals (top 8 times) or consolations (next 8 fastest times). Finals will be swum first allowing alternates to be pulled from consolation swimmers.
- The 8-un and 9-10 relays will be swum at the conclusion of Prelim Session "B." All other relays will be swum during the finals portion of the meet unless noted.
- **Relay entries will be due at an announced time each day.**

ALL SWIMMERS IN RELAYS, INCLUDING THOSE SWIMMING RELAYS ONLY, MUST BE PRE-ENTERED IN THE MEET AND HAVE COMPLETED A CONSOLIDATED ENTRY CARD. Each team may enter as many relays as possible but only the two fastest relays swum from each team, will be scored or awarded. Relay entries may be deck entered only. Teams will be required to pay for all relay entries that are not scratched prior to the relay entry deadline each day. Swimmers in the 400 yard freestyle events must provide their own timers and lap counters.

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, or 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.
- All shelters must be properly secured.
- Pop-ups and tents will not be allowed on deck except at the west end of the pool. For Fire and Safety purposes, the coaches' area is for coaches only. Swimmers/team members may check in with their coaches but cannot stay there.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ELIGIBILITY:

- This meet is open to ONLY Zone 3 registered swimmers of Pacific Swimming. Zone 3 swimmers over 18 years old **may**, with the exception of relays, compete in the 13-OV events, score and win awards, but must meet the 17-18 time standard for each entered event

- Thirteen and over events will be scored as 13-14, 15-16 and 17 over.
- Swimmers 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 swimmer with the registration and times database. The meet host will 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 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 swimmers 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$2.75 per individual event, \$10.00 participation fee per swimmer. \$9.00 per relay. ****Note, relay only swimmers ARE required to pay the participation fee. All entry fees MUST be included with entry.**

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/ZONE320140726> 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 swimmer 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 a swimmer by Pacific Swimming.** Online entries will be accepted through **Thursday, July 10, 2014.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by **midnight, Monday, July 7, 2014** or hand delivered by **6:30 p.m. Thursday, July 10, 2014** to 301 Angelina Way, Vallejo, Ca 94589. 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.

Make check payable to: Zone 3

Mail/Hand Deliver entries to: Debbie Rodinsky (Zone 3 Champs), 301 Angelina Way, Vallejo Ca 94589

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk of Course. **Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event.** No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course. Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck 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 that they wish to scratch. Failure to swim an event will result in being barred from rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final. The penalty will not apply if the Head Referee accepts proof that the failure to swim has been caused by illness, injury, or other circumstances out of the swimmer's control. Any swimmer qualifying for a final race in an individual event, who fails to show in said final race, prior to calling the alternate, shall be barred from further competition for the remainder of the meet. If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00. Swimmers have 30 minutes after the results of an event are announced to scratch or declare their intent to scratch.

AWARDS: Awards will be given to the coach or team representative at the end of the meet.

Finals - Pins 1st through 8th.

Consolations – 9th through 16th

Relays - Pins 1st through 3rd.

Team trophies to 1st through 3rd place.

SCORING: Finals – 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relays – 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

ADMISSION: Free. A 2-day meet program will be available for a fee.

SNACK BAR: A snack bar will be in operation during the meet.

HOSPITALITY: Lunch and limited hospitality will be available to all working officials and coaches.

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

EVENT SUMMARY:

8 & UN Session B	9-10 Session B	11-12 Session A	13 & OVER Session A	8 & UN Session B	9-10 Session B	11-12 Session =A	13 & OVER Session A
50 Back	200 Free	200 Free	200 Free	50 Free	100 Back	100 Back	200 IM
50 Breast	50 Back	200 IM	200 Fly	50 Fly	200 IM	100 Free	100 Fly
200 Medley Relay	100 Breast	50 Back	100 Back	200 Free Relay	50 Breast	50 Breast	200 Back
	50 Free	100 Breast	200 Breast		50 Fly	50 Fly	100 Breast
	100 Fly	50 Free	100 Free		100 Free		50 Free
	200 Medley Relay	100Fly	400 IM		200 Free Relay	400 Free	400 Free
		200 Medley Relay	200 Medley Relay			200 Free Relay	200 Free Relay
			400 Medley Relay				400 Free Relay

ORDER O

Saturday July 26, 2014			
Session A			
101	11-12	200 Free	102
103	13&Ov	200 Free	104
105	11-12	200 IM	106
107	13&OV	200 Fly	108
109	11-12	50 Back	110
111	13&Ov	100 Back	112
113	11-12	100 Breast	114
115	13-&Ov	200 Breast	116
117	11-12	50 Free	118
118	11-12	100 Fly	120
121	13&Ov	100 Free	122
123	13&Ov	400 IM	124
Session B			
301	9-10	200 Free	302
303	9-10	50 Back	304
305	8&Un	50 Back	306
307	9-10	100 Breast	308
309	8&Un	50 Breast	310
311	9-10	50 Free	312
313	9-10	100 Fly	314
315	8&un	200 Medley Relay	316
317	9-10	200 Medley Relay	318
Finals			
125	11-12	200 Medley Relay	126
127	13-14	200 Medley Relay	128
129	15-18	200 Medley Relay	130
303	9-10	50 Back	304
103	13-14	200 Free	104
	15Ov	200 Free	
307	9-10	100 Breast	308
109	11-12	50 Back	110
111	13-14	100 Back	112
	15OV	100 Back	
113	11-12	100 Breast	114
311	9-10	50 Free	312
119	13-14	100 Free	120
	15-Ov	100 Free	
117	11-12	50 Free	118
131	13-14	400 Medley Relay	132
133	15-18	400 Medley Relay	134

Sunday July 27, 2014			
Session A			
135	11-12	100 Back	136
137	13&Ov	200 IM	138
139	11-12	100 Free	140
141	13&Ov	100 Fly	142
143	11-12	50 Breast	144
145	13&Ov	200 Back	146
147	13&Ov	100 Breast	148
149	11-12	50 Fly	150
151	13&Ov	50 Free	152
153	11&OV	400 Free	154
Session B			
319	9-10	100 Back	320
321	8&Un	50 Free	322
323	9-10	200 IM	324
325	8&Un	50 Fly	326
327	9-10	50 Breast	328
329	9-10	50 Fly	330
331	9-10	100 Free	332
333	8&un	200 Free Relay	334
335	9-10	200 Free Relay	336
Finals			
155	11-12	200 Free Relay	156
157	13-14	200 Free Relay	158
159	15-18	200 Free Relay	160
135	11-12	100 Back	136
319	9-10	100 Back	320
137	13-14	200 IM	138
	15Ov	200 IM	
139	11-12	100 Free	140
141	13-14	100 Fly	142
	15Ov	100 Fly	
143	11-12	50 Breast	144
327	9-10	50 Breast	328
147	13-14	100 Breast	148
	15Ov	100 Breast	
149	11-12	50 Fly	150
329	9-10	50 Fly	330
151	13-14	50 Free	152
	15Ov	50 Free	
331	9-10	100 Free	332
161	13-14	400 Free Relay	162
163	15-18	400 Free Relay	164

F EVENTS:

RELAY ENTRY FORM

CLUB NAME				LSC		CLUB ABBREVIATION	
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
COACH NAME					# RELAYS		
					RELAY X \$9.00 EA.		
COACH EMAIL					TOTAL		\$

Pacific Swimming – Hosted by Zone 3
 July 26-27, 2014
 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				
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						: .			SCY / LCM				
# of entries _____ x \$2.75 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													