

**ZONE 3 CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE MEET
August 1 – 2, 2015**

Enter Online: <http://ome.swimconnection.com/pc/Zone320150801>



****PARKING LOT GATES WILL BE LOCKED UNTIL 8:00 AM. ABSOLUTELY NO ENTRANCE TO THE PARKING LOT 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.**

SANCTION: Held under USA/Pacific Swimming Sanction No. **15-113**

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: Bill Sargis Head Starter: Sarah Obbagy
Meet Marshal: To be assigned Admin Official: Albert Yu
Meet Director: Debbie Rodinsky – 707 334 3764*

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

DIRECTIONS: 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 heated** pool with up to **ten (10)** lanes available for competition. Additional 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 **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 swimmers only will be held from 9:30 to 9:45 am.

- 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.
 - Swimmers may compete in 3 events per day not including relays.
 - All swimmers 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 swimmers 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.
 - Swimmers who have qualifying times for the 2015 Speedo Summer Far Western Championships are NOT eligible to enter this meet.
 - **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
 - **All events will be swum as timed finals**

RELAYS: • All Swimmers in relays, including those swimming relays only, must pre 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.
- Relays must be pre-entered. Teams will be required to pay for all relays entered. Relay entries will be entered online through SwimConnection at <http://ome.swimconnection.com/pc/Zone320150801>. The entry deadline for all relay entries will be Monday, July 20, 2015.

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.
- 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:

- 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 **REJECTED**
- Swimmers who have qualifying times for the 2015 Speedo Summer Far Western Championships are NOT eligible to enter this meet.
- All individual event entries must meet the minimum time standards listed in the meet sheet
- 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.
- Swimmers 18 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- Awards for age group 15 and Over will be awarded as a combined age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.
- This meet is open ONLY to swimmers registered in Zone 3 of Pacific Swimming. **Teams not registered with USA Swimming and Pacific Swimming for the year 2015 may NOT be represented in this meet. Their swimmers may compete as unattached if the individual swimmer as current 2015 USA-S/PC membership**

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per swimmer and \$9.00 per relay. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/Zone320150801> 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 Monday, **July, 20, 2015.**

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, Friday, **July 17, 2015** or hand delivered by 6:30 p.m. Monday, **July 20, 2015.** 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
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 individual 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 seeded and will not be allowed to compete in that event.

SCRATCHES: Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Swimmers 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- Pins 1st through 8th.

Relays - Pins 1st through 3rd.

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

SCORING: Individual – 9, 7, 6, 5, 4,3,2,1 Relays – 18, 14, 12,10, 8,6,4,2

ADMISSION: Free. A Program will be available for \$3.00

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 meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each team participating in the meet, and provide a preliminary inventory of the officials that team is required to provide for each session. Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during each session of the meet. At the meet, meet management shall conduct an inventory of officials, and shall compare the number of swimmers entered in each session by each team with the number of officials present representing each team. If meet management certifies that a team 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 team will be fined \$100 per missing official per session of the meet.

Club swimmers 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 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. Teams may use officials “borrowed” from other teams, 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	200 BK	50 FL	100 FL	100 BK	100 FL
50 BR	100 BR	200 M.R.	100 BR	50 BK	100 BK	200 FR.R.	100 BK
50 FR	100 FR	100 FR	200 M.R.	25 BR	50 BR	50 BR	200 FR.R.
25 FL	50 FL	50 FL	100 FR	25 FR	50 FR	50 FR	50 FR
100 IM	200 IM	200 IM	500 FR		200 FR	200 FR	400 IM

EVENTS

Saturday August 1, 2015					Sunday August 2, 2015				
Girls #	Time Standard	Event	Boys #	Time Standard	Girls #	Time Standard	EVENT	Boys #	Time Standard
1		8 & Under 100 Med Relay	2		61		8 & Under 100 Free Relay	62	
3		9-10 200 Med Relay	4		63		9-10 200 Free Relay	64	
5	2:40.79	13-14 200 IM	6	2:30.29	65	2:22.89	13-14 200 Free	66	2:14.19
7	2:36.79	15 and Over 200 IM	8	2:23.29	67	2:19.99	15 and Over 200 Free	68	2:08.39
9	36.09	11-12 50 Back	10	36.09	69	1:10.39	11-12 100 Butterfly	70	1:17.59
11	43.79	9-10 50 Back	12	43.19	71	1:40.39	9-10 100 Butterfly	72	1:39.39
13	28.49	8 and Under 25 Back	14	28.49	73	27.39	8 and Under 50 Butterfly	74	27.39
15	2:36.29	13-14 200 Back	16	2:27.09	75	1:12.19	13-14 100 Butterfly	76	1:07.09
17	2:32.99	15 and Over 200 Back	18	2:20.69	77	1:10.69	15-18 100 Butterfly	78	1:03.89
19	1:28.69	11-12 100 Breaststroke	20	1:26.49	79	1:19.49	11-12 100 Back	80	1:17.40
21	1:45.59	9-10 100 Breaststroke	22	1:41.99	81	1:33.49	9-10 100 Back	82	1:30.79
23	1:10.19	8 & Under 50 Breaststroke	24	1:10.19	83	1:02.99	8 and Under 50 Back	84	1:02.99
25	1:22.99	13-14 100 Breaststroke	26	1:13.59	85	1:12.69	13-14 100 Back	86	1:08.29
27	1:21.99	15 & Over 100 Breaststroke	28	1:13.59	87	1:10.79	15 and Over 100 Back	88	1:04.69
29		11-12 200 Med Relay	30		89		11-12 200 Free Relay	90	
31		13-14 200 Med Relay	32		91		13-14 200 Free Relay	92	
33		15 and Over 200 Med Relay	34		93		15 and Over 200 Free Relay	94	
35	1:08.29	11-12 100 Free	36	1:06.99	95	40.59	11-12 50 Breast	96	40.29
37	1:21.09	9-10 100 Free	38	1:10.39	97	47.79	9-10 50 Breast	98	47.49
39	53.29	8 and Under 50 Free	40	53.29	99	31.49	8 and Under 25 Breast	100	31.49
41	1:06.29	13-14 100 Free	42	1:01.59	101	31.69	11-12 50 Free	102	30.69
43	1:04.99	15 and Over 100 Free	44	58.69	103	35.69	9-10 50 Free	104	34.99
45	34.59	11-12 50 Butterfly	46	34.69	105	53.29	8 and Under 25 Free	106	23.49
47	42.39	9-10 50 Butterfly	48	41.39	107	30.49	13-14 50 Free	108	28.19
49	27.39	8 and Under 25 Butterfly	50	27.39	109	28.99	15 and Over 50 Free	110	26.89
51	2:49.49	11-12 200 IM	52	2:47.39	111	2:29.69	11-12 200 Free	112	2:25.99
53	3:17.29	9-10 200 IM	54	3:16.29	113	2:58.29	9-10 200 Free	114	2:50.19
55	2:12.29	8 and Under 100 IM	56	2:12.29	115	5:42.19	13-14 400 IM	116	5:20.29
57	6:22.39	13-14 500 Free	58	6:01.69	117	5:32.89	15-18 400 IM	118	5:07.69
59	6:12.69	15-18 500 Free	60	5:47.89					

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

Pacific Swimming – Hosted by Zone 3 Championship August 1 -2, 2015 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				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													