

**2016 PACIFIC SWIMMING ZONE ALL STAR MEET  
PACIFIC SWIMMING SHORT COURSE MEET  
MARCH 5, 2017  
HOSTED BY: ZONE 3**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **17-002**

*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:**

<i>Meet Referee:</i>	<b>Don Bautista</b>	<i>Head Starter:</i>	<b>Phil Grant</b>
<i>Meet Marshal:</i>	<b>To be posted</b>	<i>Admin Official:</i>	<b>Lillian Bautista</b>
<i>Meet Director:</i>	<b>Debbie Rodinsky (707) 334-3764</b>		

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

**DIRECTIONS:** 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: 25 yard pool, 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 6 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:** Meet will begin at 10:00am on Sunday, March 5, 2017 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, March 4, 2017. Each Zone will be assigned the warm-up time for Saturday.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall 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 fastest to slowest.
- Entries will be selected and entered by the five Zones of Pacific Swimming
- Each Zone Team may enter 4 athletes per individual event and two (2) relay teams per relay event.
- Athletes may compete in a maximum of three (3) individual events per day plus relays.
- An alternate athlete who replaces an entered athlete must compete in the entered athlete's event and assigned lanes.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner while on deck.
- 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.
- 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. Optional scratches will not be refunded.

**UNACCOMPANIED ATHLETES:** Any USA Swimming athlete-member competing at the meet shall be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and cool-down. If a coach-member of the athlete's USA Swimming 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 Swimming 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 Swimming Club Member-Coach.

**RACING STARTS:** Athletes entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing racing starts, or shall start each 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 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.
- Only coaches' tents will be allowed on the Pool Deck and not allowed within 20 feet of Lane 1 of the competition pool.
- No tents, EZ ups, chairs (except those for coaches) or any form of "setup" or loitering will not be allowed on the pool deck.
- Swim meet patrons shall observe all signs posted and comply with facility staff requests.
- During general warm-up and cool-down, athletes must use 3-point entry into the pool.
- No pets, except for "service assistance animals" are allowed anywhere in the meet venue.
- Team setup will be as directed during Saturday Warm Ups
- 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.
- 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 athletes who have been selected to compete by each Zone. No athlete 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 athlete does not have to have competed in either of these meets.
- Athletes must be current members of USA-S and enter their names and registration number on the meet entry cards as they are shown on their Registration Cards. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host must 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.
- 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 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..
- The athlete's age will be the age of the athlete on the first day of the meet.
- Teams not registered with USA Swimming and Pacific Swimming for the year 2017 may NOT be represented in this meet. Their athletes may compete as unattached if the individual athlete has a current 2017 USA Swimming/PC membership

**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 6:00 pm Monday, February 20, 2017, **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: [Debbie.Rodinsky@gmail.com](mailto:Debbie.Rodinsky@gmail.com)

**SEEDING:** Lane seeding is based on the order of finish in 2016 Zone 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
1	1S	4	2	1N	1S	3	1N	2
2	4	1S	1N	3	4	2	3	
3			3	1S	1N	2	4	

**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. Athletes who must withdraw from an event after it is seeded are required to inform the Referee immediately.

**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  
**RELAY POINTS** 48 42 40 38 36 34 32 30 28 26

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

**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

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

1N: 5, Z1S: 5, Zone2: 5, Zone3: 5, Zone4: 4

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	4	1S	3	1S	1N	3	1N	2
2	2	1N	2	1N	1S	4	1S	3
3	3	4	1N	2	3	2	4	1S

## 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