

**PACIFIC SWIMMING  
ZONE 2 SHORT COURSE WINTER CHAMPIONSHIP MEET  
JANUARY 24-25, 2015**



Enter this meet online at <http://ome.swimconnection.com/pc/Z220150124>

**NOTE:** This is the **SELECTION MEET** for the 2015 Zone All-Star Meet to be held March 1, 2015, at George F Haines International Swim Center at 2625 Patricia Drive, Santa Clara. Every swimmer who wishes to apply to the Zone 2 All-Star Team must complete and submit the online application found on the Zone 2 website, <https://sites.google.com/site/pacswimzone2> **ALL-STAR APPLICATIONS MUST BE SUBMITTED BY 11:59 P.M. ON JANUARY 22, 2015. The application form is located at <https://zone2allstar2015.eventbrite.com>**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-007**

*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.

**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> Leo Lin/David Benjamin	<b>Head Starter:</b> Charlotte Rooney
<b>Admin. Official:</b> Amy Gonzales	<b>Meet Marshal:</b> Mehdi Saghafi
<b>Meet Directors:</b> Carol Cottam / David Cottam, 510-925-6821, <a href="mailto:zone2Champ@gmail.com">zone2Champ@gmail.com</a>	

**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 as 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). The copy of such certification is on file with USA Swimming.

**TIME:** Meet begins at **9:00 a.m.** each day. General warm-ups begin at **7:30 a.m. and end at 8:45 a.m.** Special extended warm-up from **8:45-8:55 a.m. for 8-UN swimmers only.**

**RULES:**

- Current USA Swimming and 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 the Course.
- All events are timed finals.
- Swimmers may compete in a maximum of four (4) individual events per day PLUS relays.
- 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 issued in the event of a mandatory scratch-down.

- UNATTACHED SWIMMERS MAY NOT SWIM ON RELAY TEAMS. Unattached swimmers may score points for the purpose of the individual high point awards but their points will not count towards a team score.
- **All events will be seeded and swum fastest to slowest.**
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**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, on 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.
- **Only timer and coach shelters will be allowed on deck. All must be properly secured.**
- Changing into or out of swimsuits other than in locker rooms or 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:**

- Meet is open only to qualified swimmers in Zone 2. This meet is limited to those swimmers who have achieved the Zone 2 qualifying Time Standard by January 14, 2015. The Zone 2 qualifying Time Standard has been set by the Zone 2 Board of Directors as the 2013 PC "B" time standard.
- Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as shown on their registration card. All swimmer registration will be checked against the SWIMS database. If a swimmer is 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. Swimmers who enter as "pending" or "applied for" must be prepared to present their current card or register before being allowed to check in.
- Entry times submitted for this meet will be validated against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- "Coach verified" times will NOT be accepted.
- Individual Event Entries with "NO TIME" will be **REJECTED**.
- Disabled swimmers are welcome to enter this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times or seeding per the Pacific Swimming Policy.
- Swimmers 19 years of age and older may participate in the 15-UP individual events but may not receive awards or score points. Swimmers 19 years of age and older are **not allowed** to participate in relays.
- Unattached swimmers must enter UN followed by the "CLUB ABBR".

**ENTRY FEES:** Individual entries - \$4.00 per event and \$8.00 Participation Fee per swimmer  
Relay entries - \$9.00 per relay Team check must accompany the relay entry form.

**ENTRIES:** 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 team coaches may enter relays – see instructions below.

**ONLINE ENTRIES:** Enter at <http://ome.swimconnection.com/pc/Z220150124> to receive immediate confirmation of acceptance via email. Go to the same address to check for session “open” or “closed” status. Online entry requires payment by credit card using their secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Online entries must be confirmed by **11:59 pm, Wednesday, January 14, 2015**. No late entries will be accepted. PRINT OUT the online confirmation and BRING IT to the meet as proof of entry.

**MAILED OR HAND-DELIVERED ENTRIES:** Entries must be on a Zone 2 Championship Consolidated Entry Card. Entry cards must be completely filled out, including best short course time for each event. Entered times must be submitted in yards. “NO TIME” entries will NOT be accepted. Entries must be postmarked on or before **Monday, January 12, 2015**, or hand-delivered no later than 7:00 p.m. **Wednesday, January 14, 2015**. **No late entries will be accepted unless authorized by vote of the Zone 2 Board of Directors.** Except for mandatory scratches, no refunds will be made.

**RELAY ENTRIES:** All relay entries shall be submitted by Zone 2 teams 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. Mail or hand-deliver Consolidated Relay Entry forms to David Cottam, 4296 Pinewood Ct., Concord, CA 94521. **Relay entries must be postmarked on or before Monday, January 12, 2015, or hand-delivered by 7:00 p.m. Wednesday, January 14, 2015.**

**NOTE:** In order to verify swimmer registration, all relay swimmers 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, teams will receive pre-entered cards showing all the relays they have entered with all of the eligible swimmers 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, teams must submit the names of a Team Contact and one person who will work a 4-hour shift as a marshal.**

**MAKE CHECKS PAYABLE TO:** Zone 2 – Pacific Swimming

**MAIL or HAND DELIVER ENTRIES TO:** David Cottam  
4296 Pinewood Ct.  
Concord, CA 94521

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

**SCRATCHES:** Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Swimmers 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. 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” swimmers achieving a “PC-A” time will be awarded a standard “A” medal, regardless of place achieved in the event. No relay awards. No awards for swimmers 19 and older. NOTE: Individual awards must be picked up at the meet. They will not be mailed out or distributed after the meet.

**Team Awards** – Teams will be equally divided into two groups based on the number of swimmers entered in the meet. Group I will consist of the teams with the larger number of entries. If there are an odd number of teams, the odd team will be placed in Group I. The top three teams in Group I and Group II will receive trophies.

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

**HOSPITALITY:** Hospitality will be available for coaches and officials. Hospitality will be available for timers during their shifts only.

**MINIMUM OFFICIALS RULE:** One-half hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of officials, and shall compare the number of entries against the number of officials present representing each team. Those teams who have not provided sufficient officials will be fined \$100 per missing official. 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 the meet in accordance with the following table:

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

**Event Summary  
Saturday, January 24, 2015**

<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-18</b>
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 25, 2015**

<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-18</b>
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

<b>Event #</b>	<b>Zone 2 Short Course Championship Saturday, January 24, 2015</b>				<b>Event #</b>
<b>GIRLS</b>	<b>Qualifying Time</b>	<b>Age Group</b>	<b>Event</b>	<b>Qualifying Time</b>	<b>BOYS</b>
<b>1</b>	1:10.39	17-18	100 Freestyle	1:04.19	<b>2</b>
	1:10.39	15-16		1:04.19	
<b>3</b>	2:32.29	13-14	200 Freestyle	2:26.79	<b>4</b>
<b>5</b>	1:14.69	11-12	100 Freestyle	1:13.89	<b>6</b>
<b>7</b>	1:25.69	9-10	100 Freestyle	1:25.69	<b>8</b>
<b>9</b>	53.29	8-UN	50 Freestyle	53.29	<b>10</b>
<b>11</b>	1:31.99	17-18	100 Breaststroke	1:25.29	<b>12</b>
	1:31.99	15-16		1:25.29	
<b>13</b>	1:31.99	13-14	100 Breaststroke	1:27.49	<b>14</b>
<b>15</b>	1:37.69	11-12	100 Breaststroke	1:39.29	<b>16</b>
<b>17</b>	52.29	9-10	50 Breaststroke	52.19	<b>18</b>
<b>19</b>	31.49	8-UN	25 Breaststroke	31.49	<b>20</b>
<b>21</b>	2:54.09	17-18	200 I.M.	2:41.49	<b>22</b>
	2:54.09	15-16		2:41.99	
<b>23</b>	2:54.09	13-14	200 I.M.	2:46.99	<b>24</b>
<b>25</b>	3:06.19	11-12	200 I.M.	3:08.89	<b>26</b>
<b>27</b>	1:39.79	9-10	100 I.M.	1:39.79	<b>28</b>
<b>29</b>	2:12.29	8-UN	100 I.M.	2:12.29	<b>30</b>
<b>31</b>	32:39	17-18	50 Freestyle	29.69	<b>32</b>
	32.39	15-16		29.69	
<b>33</b>	32.39	13-14	50 Freestyle	28.99	<b>34</b>
<b>35</b>	34.59	11-12	50 Freestyle	33.89	<b>36</b>
<b>37</b>	39.09	9-10	50 Freestyle	38.99	<b>38</b>
<b>39</b>	23.49	8-UN	25 Freestyle	23.49	<b>40</b>
<b>41</b>		15-18	200 Medley Relay		<b>42</b>
<b>43</b>		13-14	200 Medley Relay		<b>44</b>
<b>45</b>		11-12	200 Medley Relay		<b>46</b>
<b>47</b>		9-10	200 Medley Relay		<b>48</b>
<b>49</b>		8-UN	100 Medley Relay		<b>50</b>

Zone 2 Championship Minimum Time Standard - 2013 PC B time standard;  
15-18 individual events will be swum together but scored separately as 15-16 and 17-18.  
Relay swimmers must be entered in their correct relay age group (8UN, 9-10, 11-12, 13-14, 15-16, 17-18)

<b>Event #</b>	<b>Zone 2 Short Course Championship Sunday, January 25, 2015</b>				<b>Event #</b>
<b>GIRLS</b>	<b>Qualifying Time</b>	<b>Age Group</b>	<b>Event</b>	<b>Qualifying Time</b>	<b>BOYS</b>
<b>51</b>	1:20.09	17-18	100 Backstroke	1:16.89	<b>52</b>
	1:20.09	15-16		1:16.89	
<b>53</b>	1:20.19	13-14	100 Backstroke	1:18.89	<b>54</b>
<b>55</b>	1:26.29	11-12	100 Backstroke	1:27.79	<b>56</b>
<b>57</b>	45.49	9-10	50 Backstroke	46.69	<b>58</b>
<b>59</b>	28.49	8-UN	25 Backstroke	28.49	<b>60</b>
<b>61</b>	1:19.49	17-18	100 Butterfly	1:12.49	<b>62</b>
	1:19.49	15-16		1:12.49	
<b>63</b>	1:19.49	13-14	100 Butterfly	1:17.49	<b>64</b>
<b>65</b>	1:26.59	11-12	100 Butterfly	1:28.69	<b>66</b>
<b>67</b>	44.29	9-10	50 Butterfly	44.29	<b>68</b>
<b>69</b>	27.39	8-UN	25 Butterfly	27.39	<b>70</b>
<b>71</b>	2:32.29	17-18	200 Freestyle	2:21.19	<b>72</b>
	2:32.29	15-16		2:21.19	
<b>73</b>	1:10.39	13-14	100 Freestyle	1:08.19	<b>74</b>
<b>75</b>	2:46.29	11-12	200 Freestyle	2:46.49	<b>76</b>
<b>77</b>	3:11.09	9-10	200 Freestyle	3:11.09	<b>78</b>
<b>79</b>	2:00.99	8-UN	100 Freestyle	2:00.99	<b>80</b>
<b>81</b>		15-18	200 Free Relay		<b>82</b>
<b>83</b>		13-14	200 Free Relay		<b>84</b>
<b>85</b>		11-12	200 Free Relay		<b>86</b>
<b>87</b>		9-10	200 Free Relay		<b>88</b>
<b>89</b>		8-UN	100 Free Relay		<b>90</b>

Zone 2 Championship Minimum Time Standard - 2013 PC B time standard;  
15-18 individual events will be swum together but scored separately as 15-16 and 17-18.  
Relay swimmers must be entered in their correct relay age group (8UN, 9-10, 11-12, 13-14, 15-16,17-18)

PACIFIC SWIMMING ZONE 2 CHAMPIONSHIP MEET  
January 24-25, 2015  
**TEAM CONTACT INFORMATION AND RELAY SUMMARY SHEET**

TEAM: \_\_\_\_\_

COACH: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_

PRIMARY ZONE 2 CHAMPIONSHIPS TEAM ASSIGNMENT: \_\_\_\_\_

NAME OF TEAM CONTACT: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_

Each team must supply the name of one parent willing to serve as a marshal for a 4-hour shift on the day and time indicated below (note: marshals need not be members of USA Swimming)

**Saturday:** AIA, EBA, SRVL, AAA, EA, OAPB

7:00 a.m. to 10:30 a.m. shift Name: \_\_\_\_\_ Email: \_\_\_\_\_

**Saturday:** BSW, EBSD, MONT, TERA, PST

10:15 to end of meet shift Name: \_\_\_\_\_ Email: \_\_\_\_\_

**Sunday:** SAIL, FF, ONDA, HILL, WCAB

7:00 a.m. to 10:30 a.m. shift Name: \_\_\_\_\_ Email: \_\_\_\_\_

**Sunday:** CROW, LAC, PLS, TRIV, ALGA

10:15 to end of meet shift Name: \_\_\_\_\_ Email: \_\_\_\_\_

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

RELAY ONLY SWIMMERS must be ATTACHED to your team and entered in the table below

LAST NAME	FIRST NAME	MI	DOB	Gender	PC Registration #

**Zone 2 Championship – 2015 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 swimmers 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 Girls	100 Medley Relay							
50	8-UN Boys	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 Girls	100 Free Relay							
90	8-UN Boys	100 Free Relay							
<b>TOTAL TEAM RELAY ENTRIES →</b>									



Zone 2 Short Course Championship Meet January 24-25, 2015 Consolidated Entry Card			
Name			
Last		First	M.I.
Club Abbr.	If unat team abbr	Club Name	
Age	Date of Birth	Sex	
USA Swimming Registration #			
Event #	Distance / Stroke (SCY / LCM)	Entry Time	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
# of Entries _____ x \$4.00 = _____ Participation Fee = _____ \$8.00 Total = _____			
Coach:			
Swimmer's address:			
Phone:			
e-mail address:			

Zone 2 Short Course Championship Meet January 24-25, 2015 Consolidated Entry Card			
Name			
Last		First	M.I.
Club Abbr.	If unat team abbr	Club Name	
Age	Date of Birth	Sex	
USA Swimming Registration #			
Event #	Distance / Stroke (SCY / LCM)	Entry Time	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
	( )	: .	
# of Entries _____ x \$4.00 = _____ Participation Fee = _____ \$8.00 Total = _____			
Coach:			
Swimmer's address:			
Phone:			
e-mail address:			