

**ZONE 2 SHORT COURSE WINTER CHAMPIONSHIP  
PACIFIC SWIMMING SHORT COURSE MEET  
JANUARY 26-27, 2019**

Enter Online: <http://ome.swimconnection.com/pc/Z220190126>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-013**

*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.*

**ZONE 2 ALL STAR NOTE:** This is the SELECTION MEET for the Pacific Swimming Zone All Star Meet being held at Fremont High School in Sunnyvale CA on March 2-3, 2019. The **Zone-2 All Star team** will be comprised of up to eight girls and eight boys from four age divisions (8-under, 9-10, 11-12, and 13-14) for a total of 64 athletes. The selection for seven athletes in each gender of each age group will be determined by the total number of points scored in each of the six selection events listed below at this Zone 2 Championship Meet.

**Selection Events by Age Groups:**

- 8/U: 25-Free, 100-IM, 25-Fly, 25-Back, 25-Breast, 50-Free
- 9-10: 50-Free, 100-IM, 50-Fly, 50-Back, 50-Breast, 100-Free
- 11-12: 50-Free, 200-IM, 100-Fly, 100-Back, 100-Breast, 100-Free
- 13-14: 50-Free, 200-IM, 100-Fly, 100-Back, 100-Breast, 200-Free

**Any athletes who wish to be considered for the Zone 2 All-Star Team must perform the following two steps:**

- i) **Enter** (and compete) in AT LEAST ONE OF THE SIX SELECTION EVENTS LISTED ABOVE at this Zone 2 Championship meet (*NOTE: Swimming more selection events increases the chance of selection*)
- ii) **Complete and Submit** THE LETTER OF INTENT ONLINE at <https://zone2allstar2019.eventbrite.com/> no later than 11:59pm of January 24, 2019.

More information can be found at <https://zone2allstar2019.eventbrite.com/> or e-mail: [pacswimzone2@gmail.com](mailto:pacswimzone2@gmail.com)

**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> Peter McNamara	<b>Admin. Official:</b> Lisa Kaplan
<b>Head Starter:</b> Chris Lam	<b>Meet Marshal:</b> Steve Gomez
<b>Meet Director:</b> Jay Rowland; <a href="mailto:jrowland@pacswim.org">jrowland@pacswim.org</a> ; (925) 679-5294	

**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 athletes only.

- 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 be seeded and swum fast to slow.
  - Athletes 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 made for any mandatory scratches.
  - UNATTACHED ATHLETES MAY NOT SWIM ON RELAY TEAMS. Unattached athletes may score points for the purpose of the individual high point awards but their points will not count towards a team score.
  - **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, 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.
  - Only timer and coach shelters will be allowed on deck. 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.
  - 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:**
- 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 who enter as "pending" or "applied for" must be prepared to present their current card or register before being allowed to check in.
  - The Zone 2 qualifying Time Standard has been set by the Zone 2 Board of Directors as the 2017-2020 USA-S Motivational "B" time standard for 9 & Over athletes and the Pacific Swimming 8 & Under "B" time standard for 8 & Under athletes.
  - 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 will **NOT** be accepted. Individual event entries with "NO TIME" will be **REJECTED**.
  - Time standards can be found at <http://www.pacswim.org/swim-meet-times/standards>
  - 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.
  - Athletes 19 years of age and over may participate in the 15-UP individual events but may not receive awards or score points. Athletes 19 years of age and over may NOT participate in relays.
  - The athlete's age will be the age of the athlete on the first day of the meet.
  - Unattached athletes must enter UN followed by the "CLUB ABBR."

**ENTRY FEES:** Individual entries - \$4.00 per event and \$8.00 Participation Fee per athlete. Relay entries - \$9.00 per Relay Team; check must accompany the relay entry form. Except for mandatory scratches, no refunds will be made.

**ENTRIES:** Meet entries will not be accepted any earlier than December 22, 2018. 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 club coaches may enter relays – see instructions below.

**ONLINE ENTRIES:** Enter at <http://ome.swimconnection.com/pc/Z220190126> 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 athlete 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 an athlete by Pacific Swimming. Online entries must be confirmed by 11:59 pm, **Wednesday, January 16, 2019**. 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. “NO TIME” entries will NOT be accepted. Entries must be postmarked on or before **Monday, January 14, 2019**, or hand-delivered no later than **Wednesday, January 16, 2019**. No late entries will be accepted unless authorized by vote of the Zone 2 Board of Directors.

**RELAY ENTRIES:** All relay entries shall be submitted by Zone 2 clubs 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. Relay entries must be postmarked on or before Monday, **January 14, 2019**, or hand-delivered by **Wednesday, January 16, 2019**. The 8 & Under relays are being offered in a “Combined” format permitting entries of girls, boys or mixed relays which will be seeded by entry time and swim together.

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

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

**MAIL/HAND DELIVER ENTRIES TO: Pacific Swimming Zone 2, 1320 Willow Pass Rd, 6<sup>th</sup> Floor #665, Concord, CA 94520**

**CHECK-IN:** The meet will be deck seeded. Athletes must check in at the Clerk of the Course. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. Any athlete who does not check in will not be allowed to compete in the event.

**SCRATCHES:** Any athlete not reporting for or competing in an individual timed final event shall not be penalized. A 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. There will be 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” athletes 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 athletes 19 and older. NOTE: Individual awards must be picked up at the meet. They will not be mailed out or distributed after the meet.

Club Awards – Clubs will be equally divided into two groups based on the number of athletes entered in the meet. Group I will consist of the clubs with the larger number of entries. If there are an odd number of clubs, the odd club will be placed in Group I. The top three clubs 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:** 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 club. Those clubs who have not provided sufficient officials will be fined \$100 per missing official. Each club shall, by the start of the meet, provide to the Meet Director or designee a list of officials who have agreed to represent that club during the meet in accordance with the following table:

Club athletes entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 athletes over 100	+1

**EVENT SUMMARY – Saturday, January 26, 2019**

8 & UN	9-10	11-12	13-14	15-18
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 27, 2019**

8 & UN	9-10	11-12	13-14	15-18
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

**EVENTS**

<b>Event #</b>	<b>Zone 2 Short Course Championship Saturday, January 26, 2019</b>		<b>Event #</b>
<b>GIRLS</b>	<b>Age Group</b>	<b>Event</b>	<b>BOYS</b>
<b>1</b>	17-18	100 Freestyle	<b>2</b>
	15-16		
<b>3</b>	13-14	200 Freestyle	<b>4</b>
<b>5</b>	11-12	100 Freestyle	<b>6</b>
<b>7</b>	9-10	100 Freestyle	<b>8</b>
<b>9</b>	8-UN	50 Freestyle	<b>10</b>
<b>11</b>	17-18	100 Breaststroke	<b>12</b>
	15-16		
<b>13</b>	13-14	100 Breaststroke	<b>14</b>
<b>15</b>	11-12	100 Breaststroke	<b>16</b>
<b>17</b>	9-10	50 Breaststroke	<b>18</b>
<b>19</b>	8-UN	25 Breaststroke	<b>20</b>
<b>21</b>	17-18	200 I.M.	<b>22</b>
	15-16		
<b>23</b>	13-14	200 I.M.	<b>24</b>
<b>25</b>	11-12	200 I.M.	<b>26</b>
<b>27</b>	9-10	100 I.M.	<b>28</b>
<b>29</b>	8-UN	100 I.M.	<b>30</b>
<b>31</b>	17-18	50 Freestyle	<b>32</b>
	15-16		
<b>33</b>	13-14	50 Freestyle	<b>34</b>
<b>35</b>	11-12	50 Freestyle	<b>36</b>
<b>37</b>	9-10	50 Freestyle	<b>38</b>
<b>39</b>	8-UN	25 Freestyle	<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	Combined 100 Medley Relay	<b>49</b>

<b>Event #</b>	<b>Zone 2 Short Course Championship Sunday, January 27, 2019</b>		<b>Event #</b>
<b>GIRLS</b>	<b>Age Group</b>	<b>Event</b>	<b>BOYS</b>
<b>51</b>	17-18	100 Backstroke	<b>52</b>
	15-16		
<b>53</b>	13-14	100 Backstroke	<b>54</b>
<b>55</b>	11-12	100 Backstroke	<b>56</b>
<b>57</b>	9-10	50 Backstroke	<b>58</b>
<b>59</b>	8-UN	25 Backstroke	<b>60</b>
<b>61</b>	17-18	100 Butterfly	<b>62</b>
	15-16		
<b>63</b>	13-14	100 Butterfly	<b>64</b>
<b>65</b>	11-12	100 Butterfly	<b>66</b>
<b>67</b>	9-10	50 Butterfly	<b>68</b>
<b>69</b>	8-UN	25 Butterfly	<b>70</b>
<b>71</b>	17-18	200 Freestyle	<b>72</b>
	15-16		
<b>73</b>	13-14	100 Freestyle	<b>74</b>
<b>75</b>	11-12	200 Freestyle	<b>76</b>
<b>77</b>	9-10	200 Freestyle	<b>78</b>
<b>79</b>	8-UN	100 Freestyle	<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	Combined 100 Free Relay	<b>89</b>

Zone 2 Championship Minimum Time Standard = 2017-2020 USA-S Motivational "B" time standard for 9 & over athletes and the Pacific Swimming 8 & under "B" time standard for 8 & under athletes. 15-18 individual events will be swum together but scored separately as 15-16 and 17-18. Relay athletes must be entered in their correct relay age group (8UN, 9-10, 11-12, 13-14, 15-16, 17-18.) Time standards can be found at <http://www.pacswim.org/swim-meet-times/standards>

PACIFIC SWIMMING ZONE 2 CHAMPIONSHIP MEET  
 January 26-27, 2019  
**CLUB CONTACT INFORMATION AND RELAY SUMMARY SHEET**

CLUB: \_\_\_\_\_

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

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

NAME OF CLUB CONTACT: \_\_\_\_\_

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

<b>Consolidated RELAY ENTRY FEE</b>	
<b>Total Relay Entries</b> _____ X <b>\$9.00</b> = <b>Total Amount Due</b> ➔	\$ _____

RELAY ONLY ATHLETES must be ATTACHED to your club and entered in the table below					
LAST NAME	FIRST NAME	MI	DOB	Gender	PC Registration #

Zone 2 Championship – 2019 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 athletes 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 Combined	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 Combined	100 Free Relay							
TOTAL CLUB RELAY ENTRIES →									



Zone 2 Short Course Championship Meet January 26-27, 2019 Consolidated Entry Card		
Name		
Last _____ First _____ M.I. _____		
Club Abbr.	If unat club 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:		
Athlete's address:		
Phone:		
e-mail address:		

Zone 2 Short Course Championship Meet January 26-27, 2019 Consolidated Entry Card		
Name		
Last _____ First _____ M.I. _____		
Club Abbr.	If unat club 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:		
Athlete's address:		
Phone:		
e-mail address:		