

Zone 3 Winter Championships
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
January 14 – 15, 2017
Enter Online: <http://ome.swimconnection.com/pc/zone320170114>



SANCTION: Held under USA/Pacific Swimming Sanction No. **17-007**

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.

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: Don Bautista	Head Starter: Phil Grant
Meet Marshal: To be assigned	Admin Official: Lillian Bautista
Meet Director: Debbie Rodinsky (707) 334 3764 – rodsky@pacbell.net	

LOCATION: Quinn Swim Center, Santa Rosa Junior College, 1501 Mendocino Avenue, Santa Rosa, CA

DIRECTIONS: ***From the north:*** Travel south on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a left turn onto College Avenue. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. ***From the south:*** Travel north on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a right turn onto College Ave. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium. **SRJC charges \$4 per day for all-day parking pass, including weekends and holidays**

COURSE: Indoor pool with up to 8 lanes available for competition. The outdoor pool will be available for warm-up/warm down throughout the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6.6 at the start end and 3.3 ½ at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Meet will begin at 9.00 AM each day with warm-ups from 7:30 to 8:45 AM each day

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 shall swim “fast to slow” sequence with the option of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- Athletes may compete in a maximum three (3) individual events per day, excluding 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 shall be made for any mandatory scratches.
- **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Coaches shall check-in daily with the Meet Referee.**
- Athletes in distance event of 500 yards or more shall provide their own lap counters and timers.

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 warm-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: Any athlete entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall start each race from within the water. When unaccompanied by a USA Swimming member coach, 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 shall be properly secured and located in compliance with the instructions of the Meet Director.
- **Swim meet patrons should observe all signs posted and comply with facility staff requests.**
- 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.
- No pets allowed on deck, other than service assistance animals.
- No food or drinks is allowed in the locker rooms.
- 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 shall be current 2017 members of USA Swimming and enter their name and registration number on the meet entry card exactly as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration database. The meet host shall 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 shall meet the minimum time standard for each entered event as indicated herein.
- Entries with "**NO TIME**" will be **Not Accepted**. Coach verified times will be accepted.
- 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.
- 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 compete in the meet for time only, no awards. Such athlete shall meet standards for the 17-18 age group.
- Age on the first day of the meet shall determine the athlete's age for the entire meet.
- Awards for age group 15 and Over will be awarded as a combined age group.
- Athletes entering the 13-14/15 & Over 50 Breast, 50 Fly, or 50 Back must have swam the event as a 9-10 or 11-12 and achieved the 11-12 qualifying time for their gender or have swam the equivalent stroke in the 100 distance and achieved the qualifying time for their age group and gender.
- This meet is open **ONLY** to athletes registered in Zone 3 of Pacific Swimming. **Clubs 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**

ENTRY PRIORITY: This meet is for Zone 3 Clubs and athletes only. Athletes who are not attached to a Zone 3 Club or unattached athletes who do not train with a Zone 3 Club may not enter this meet.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made except mandatory scratch downs. Relay: \$9.00 per relay entry.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/zone320170114> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through **Monday, January 2, 2017**

RELAY ENTRIES: Relays shall be entered on line through SwimConnection at <http://ome.swimconnection.com/pc/Zone320170114>. Entry deadline will be Monday, January 2, 2017. Each Club may enter as many relays as possible but only the two fastest relays in each age/gender group swum from each Club will be scored or awarded.

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, **Wednesday, December 28, 2016** or hand delivered by 6:30 p.m. **Monday, January 2, 2017**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Zone 3

Mail/Hand Delivered entries to: Debbie Rodinsky, 301 Angelina Way, Vallejo, Ca 94589

CHECK-IN: The meet shall be deck seeded. Athletes shall check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. Athletes who do not check in shall not be seeded and shall not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes 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 club representative at the end of the meet.

Finals - Ribbons 1st through 8th. Relays - Ribbons 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 Female and Male swimmer(s) in each age group with the highest accumulated points will be awarded. AWARDS MUST BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A TEAM'S COACH OR TEAM REPRESENTATIVE. AWARDS WILL NOT BE MAILED UNLESS A PRE-PAID ENVELOPE IS PROVIDED.

ADMISSION: Free. A program will be available for \$4.00

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

Club athletes 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 assigned and working 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. Clubs 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 Med R	200 Med R	50 Back	200 IM	100 Free R	200 Free R	100 Fly	200 Free
25 Back	50 Back	100 Breast	50 Back	50 Fly	100 Fly	100 Back	100 Fly
50 Breast	100 Breast	200 Med R	100 Breast	50 Back	100 Back	200 Free R	100 Back
25 Free	100 Free	100 Free	200 Med R	25 Breast	50 Breast	50 Breast	200 Free R
25 Fly	50 Fly	50 Fly	100 Free	50 Free	50 Free	50 Free	50 Breast
100 IM	200 IM	200 IM	50 Fly		200 Free	200 Free	400 IM
			500 Free				

Saturday, January 14 th , 2017				
Girls	Min Time	Event	Min Time	Boys
1		8 & Under 100 Med Relay		2
3		9-10 200 Med Relay		4
5	2:44.09	13-14 200 IM	2:33.29	6
7	2:39.99	15 and Over 200 IM	2:26.29	8
9	36.89	11-12 50 Back	36.89	10
11	44.19	9-10 50 Back	44.09	12
13	28.49	8 & Under 25 Back	28.49	14
15		13-14 50 Back		16
17		15 and Over 50 Back		18
19	1:30.59	11-12 100 Breast	1:28.29	20
21	1:47.79	9-10 100 Breast	1:44.09	22
23	1:10.19	8 & Under 50 Breast	1:10.19	24
25	1:24.69	13-14 100 Breast	1:18.29	26
27	1:23.69	15 and Over 100 Breast	1:15.09	28
29		11-12 200 Med Relay		30
31		13-15 200 Med Relay		32
33		15 and Over 200 Med Relay		34
35	1:09.69	11-12 100 Free	1:08.39	36
37	1:22.79	9-10 100 Free	1:21.09	38
39	23.49	8 & Under 25 Free	23.49	40
41	1:07.69	13-14 100 Free	1:02.89	42
43	1:06.29	15 and Over 100 Free	59.89	44
45	35.49	11-12 50 Fly	35.49	46
47	43.29	9-10 50 Fly	42.29	48
49	27.39	8 & Under 25 Fly	27.39	50
51		13-14 50 Fly		52
53		15 and Over 50 Fly		54
55	2:52.99	11-12 200 IM	2:50.89	56
57	3:21.29	9-10 200 IM	3:20.39	58
59	2:12.29	8 & Under 100 IM	2:12.29	60
61	6:30.19	13-14 500 Free	6:09.09	62
63	6:20.19	15 and Over 500 Free	5:54.99	64

Sunday, January 15 th , 2017				
Girls	Min Time	Event	Min Time	Boys
65		8 & Under 100 Free Relay		66
67		9-10 200 Free Relay		68
69	2:25.89	13-14 200 Free	2:16.99	70
71	2:22.79	15 and Over 200 Free	2:11.09	72
73	1:21.09	11-12 100 Fly	1:19.19	74
75	1:42.49	9-10 100 Fly	1:41.49	76
77	1:06.59	8 & Under 50 Fly	1:06.59	78
79	1:13.69	13-14 100 Fly	1:08.49	80
81	1:12.19	15 and Over 100 Fly	1:05.19	82
83	1:21.19	11-12 100 Back	1:19.09	84
85	1:35.39	9-10 100 Back	1:32.69	86
87	1:02.99	8 & Under 50 Back	1:02.99	88
89	1:14.19	13-14 100 Back	1:09.69	90
91	1:12.29	15 and Over 100 Back	1:06.09	92
93		11-12 200 Free Relay		94
95		13-14 200 Free Relay		96
97		15 and Over 200 Free Relay		98
99	41.49	11-12 50 Breast	41.19	100
101	48.79	9-10 50 Breast	48.49	102
103	31.49	8 & Under 25 Breast	31.49	104
105		13-14 50 Breast		106
107		15 and Over 50 Breast		108
109	32.39	11-12 50 Free	31.39	110
111	36.49	9-10 50 Free	35.79	112
113	53.29	8 & Under 50 Free	53.29	114
115	31.19	13-14 50 Free	28.79	116
117	30.59	15 and Over 50 Free	27.49	118
119	2:32.79	11-12 200 Free	2:28.99	120
121	3:01.89	9-10 200 Free	2:53.69	122
123	5:49.19	13-14 400 IM	5:26.89	124
125	5:39.59	15 and Over 400 IM	5:13.99	126

Pacific Swimming – Hosted by Zone 3 Championship Meet January 14 – 15, 2017 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach's name:													
Coach's E-mail:													
Coach's Cell # :													
Athlete's Address													
Home Phone							Cell Phone						
Email													