



SANCTION:	Held under USA Pacific Swimming Sanction No.: 14-037 <i>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.</i>
NOTICE:	By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, of information and/or imagery related to their participation at this meet, which may include, but is not limited to, photographs, video, web casting, television, psych sheets, and live meet results.
USE OF AUDIO & VISUAL	Photography and video recording from behind the blocks or starting areas are prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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	MEET DIRECTOR: Larry Rice – larryrice000@comcast.net HEAD REFEREE: Nan McKenna – nan.mckenna@gmail.com HEAD STARTER: Phil Harter ADMIN OFFICIAL: Lucille Glassman HEAD MARSHAL: Chris Culp
LOCATION:	Burlingame High School Pool - 1 Mangini Way, Burlingame, CA 94010. From Highway 101, exit Broadway. Turn left onto Carolan Avenue, and turn left at stop sign onto Oak Grove Avenue. The pool is on the right hand side. Parking at the pool will be held for meet officials and swim coaches. Additional parking is available behind the High School off Carolan Avenue.
COURSE:	Outdoor 25 yard x 50 meter pool with up to 10 short-course lanes for competition. Additional lanes will be available for warm-up/cool-down during the meet. Colorado Timing System will be used. The minimum water depth in the competition course, as measured in accordance with Article 103.2.3, is 7 feet at the start end and 7 feet at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).
TIME:	Competition begins at 10:00 A.M. on Sunday, March 2, 2013. Warm-ups are from 8:30 - 9:45 A.M. Saturday Team Warm-ups: Zone teams that wish to have a warm-up period starting between 2:00 and 4:30 pm should contact Larry Rice ASAP at larryrice000@comcast.net Saturday warm-up space is limited to the competition lanes; Saturday warm-up times are not guaranteed and are first come first served.
RULES:	<ul style="list-style-type: none"> • Current USA 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 course. • The meet referee, with concurrence of the meet director, may impose a mandatory scratch down. • All coaches and deck officials must wear their USA Swimming membership cards in a visible manner at all times will on deck. • All coaches are required to sign in and present a current USA-S registration card before coaching swimmers at the meet (including warm-ups or practices at the meet venue). • 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.
SPECIAL RULES:	<ul style="list-style-type: none"> • Entries will be selected and entered by the five Zones of Pacific Swimming. • Each Zone Team may enter 4 swimmers per individual event and two (2) relay teams per relay event. • Swimmers may compete in a maximum of three (3) individual events per day plus relays. • An alternate swimmer who replaces an entered swimmer must compete in the entered swimmer’s events and assigned lanes.
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:	<ul style="list-style-type: none"> • Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, in 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. • Pets, not including guide dogs, are strictly prohibited in all areas of the meet venue. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged. 																																	
ELIGIBILITY:	This meet is open only to swimmers who have been selected to compete by each Zone. No swimmer 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 swimmer does not have to have competed in either of these meets. Swimmers must be current members of USA-S. The meet host must 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.																																	
CHECK IN:	Submission of a team's entries constitutes check-in. There shall be no penalty for failing to swim a scheduled event.																																	
ENTRIES:	<p>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 9:00 pm Monday, February 24, 2013, and must include a PDF or hard-copy printout of the Zone's complete entries showing assigned heat and lane for each entry.</p> <p>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.</p> <p>A free version of HyTek Lite Team Manager is available at: http://www.hy-tek.com/downloads.html. Entries should be emailed to: Entries@fastlanetek.com</p>																																	
SEEDING:	<p>Lane seeding is based on the order of finish in 2013 Zone All Star Meet, Heat and lane assignment for each event is shown in table below:</p> <table border="1"> <thead> <tr> <th>Heat</th> <th>Lane 1</th> <th>Lane 2</th> <th>Lane 3</th> <th>Lane 4</th> <th>Lane 5</th> <th>Lane 6</th> <th>Lane 7</th> <th>Lane 8</th> <th>Lane 9</th> <th>Lane 10</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>3</td> <td>2</td> <td>4</td> <td>1S</td> <td>1N</td> <td>2</td> <td>3</td> <td>1N</td> <td>1S</td> <td>4</td> </tr> <tr> <td>2</td> <td>3</td> <td>2</td> <td>4</td> <td>1S</td> <td>1N</td> <td>2</td> <td>3</td> <td>1N</td> <td>1S</td> <td>4</td> </tr> </tbody> </table>	Heat	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	1	3	2	4	1S	1N	2	3	1N	1S	4	2	3	2	4	1S	1N	2	3	1N	1S	4
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ADMISSION:	Free.																																	
PROGRAMS:	Programs will be available for coaches and officials.																																	
AWARDS:	There shall be no individual or relay awards. A trophy will be awarded to the highest scoring Zone team.																																	
SCORING:	<p>INDIVIDUAL POINTS 24 21 20 19 18 17 16 15 14 13 11 9 8 7 6 5 4 3 2 1</p> <p>RELAY POINTS 48 42 40 38 36 34 32 30 28 26</p>																																	
HOSPITALITY:	Hospitality will be provided for officials and meet volunteers. Each zone will be responsible for providing food and drink for their athletes and staff.																																	
SNACK BAR:	A minimal snack bar will be available.																																	
MINIMUM OFFICIALS:	Officials meeting will be 1 hour before the meet starts, at 9:00 am. All available USA Swimming member certified officials are welcome and encouraged to work at this meet. Pacific Swimming officials should be Level-2 or above, or Level-1 with Zone Officials Chair recommendation. As the number of certified officials allows, others may shadow working officials for education and/or mentoring. Each participating Zone is requested to provide at least three (3) qualified officials for the duration of the meet.																																	

Lane Timing Assignments: Zones are responsible for providing lanes timers as follows:

Zone 1N = 4 timers; Zone 1S = 4 timers; Zone 2 = 4 timers; Zone 3 = 4 timers; Zone 4 = 5 timers.

See Table below for seat assignments

Lane #	Chair # 1	Chair # 2	Chair # 3
Lane # 1	Z1N	Z1S	Z2
Lane # 2	Z3	Z1N	Z1S
Lane # 3	Z2	Z3	Z4
Lane # 4	Z1N	Z1S	Z2
Lane # 5	Z3	Z1N	Z1S
Lane # 6	Z2	Z3	Z4
Lane # 7	Z1N	Z1S	Z2
Lane # 8	Z3	Z1N	Z1S
Lane # 9	Z2	Z3	Z4
Lane # 10	Z1N	Z1S	Z2

SCHEDULE OF 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