

**2023 PACIFIC SWIMMING ZONE ALL STAR MEET  
PACIFIC SWIMMING SHORT COURSE MEET  
FEBRUARY 26, 2023  
Hosted by: Zone 3**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-030**

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**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 on Meet Mobile.**

**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, restrooms, 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: Phil Grant</i>	<i>Head Starter: Bill Sargis</i>
<i>Meet Marshal: Dante Martinez</i>	<i>Admin Official: Barbarie Gonzales</i>
<i>Meet Director: Dan Greaves <a href="mailto:greaves_d@msn.com">greaves_d@msn.com</a></i>	

**LOCATION:** Quinn Swim Center, Kathryn Kettler Pool. Santa Rosa Junior College – 1501 Mendocino Avenue, Santa Rosa, CA. SRJC charges \$4 per day for all-day parking pass, including weekends and holidays.

**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 turn into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium.

**COURSE:** OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An additional 9 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 8'0" at the start end and 8'0" 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:** **(Sunday, February 26)** Meet will begin at 10:00 AM on Sunday, with general warm-up from 8:30–9:45 AM.  
**(Saturday, February 25)** The facility will be available for team warm-up from 3:30-6:00 PM.

**RULES:**

- Current USA Swimming and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures will be available at the Clerk of Course.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this

meet.

- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- All events are timed finals.
- Each zone’s entries shall be seeded fastest to slowest (see Seeding).
- Each zone may enter up to four (4) athletes per individual event and two (2) teams per relay event.
- Each athlete may compete in up to three (3) individual events per day, plus relays.
- An alternate athlete who replaces an entered athlete shall compete in the entered athlete’s events and assigned lanes.
- All coaches and deck officials must wear their valid USA Swimming membership card in a visible manner.
- If local conditions warrant it, the Meet Referee, with concurrence of the Meet Director, may require mandatory scratch down. There are no entry fees, and no refunds will apply.
- Lifeguards, first aid and AED will be provided by the facility.

**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 must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete’s parent/legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and use of other tobacco products is prohibited in all areas of the venue, including the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for teams and athletes, or fenced area around an outdoor pool), locker rooms, and such other areas as may be specifically designated by the host club or organization, meet director, or referee.
- Sale and use of alcoholic beverages are prohibited in all areas of the 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.
- Deck changes are prohibited.
- No pets allowed on deck, other than service assistance animals.
- 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.
- **CLOSED DECK:** The pool deck will be restricted to athletes, coaches, officials, and meet operations personnel with appropriate meet credentials.
- Spectators are limited to the spectator-designated areas.

**ELIGIBILITY:**

- This meet is only open to athletes who have been selected by their zone.
- Athletes must be current (2023) 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, Athletes shall be required to register online via USA Swimming’s online member registration before being allowed to swim in the meet.
- Entries with “NO TIME” (NT) will be **rejected**. Coaches should provide an estimated entry time.

- 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.
- Athletes with a disability 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 athlete's age on the first day of the meet.

**ENTRIES:** Entries must be emailed to the meet director Dan Greaves at [greaves\\_d@msn.com](mailto:greaves_d@msn.com) using the provided Hy-Tek entry file. All entries must be received electronically no later than **Wednesday, February 15, 2022, 11:59 PM** and must be **accompanied by PDF report** of the zone's complete entries with assigned heat-lane for each entry.

**Each zone must assign each entry to a heat-lane for their zone per the seeding table below prior to submitting entries to the Meet Director. Unseeded entries will either be returned or seeded at the meet host's discretion. Each zone's entries shall be seeded fastest to slowest.**

**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 the scratch deadline are required to inform the Referee at the starting end immediately.

**SEEDING:** Lane seeding is based on the final team scores from the 2022 Zone Challenge Meet. Heat-lane assignments for each event is shown in the table below. **Entries shall be seeded fastest to slowest.**

10	9	8	7	6	5	4	3	2	1	Lane
Z4 (B)	Z1S (B)	Z2 (B)	Z3 (A)	Z1N (A)	Z2 (A)	Z1S (A)	Z4 (A)	Z1N (B)	Z3 (B)	<b>Heat 1</b>
Z4 (D)	Z1S (D)	Z2 (D)	Z3 (C)	Z1N (C)	Z2 (C)	Z1S (C)	Z4 (C)	Z1N (D)	Z3 (D)	<b>Heat 2</b>

**LANE TIMING ASSIGNMENTS:** Each Zone will be responsible for providing lane timers for two lanes (2 timers each lane) per the table below.

10	9	8	7	6	5	4	3	2	1	Lane
Z1S	Z3	Z2	Z4	Z3	Z1S	Z2	Z1N	Z4	Z1N	<b>Chair 1</b>
Z1S	Z3	Z2	Z4	Z3	Z1S	Z2	Z1N	Z4	Z1N	<b>Chair 2</b>

**SCORING:** Points are awarded per the table below.

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>Individual</b>	24	21	20	19	18	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1
<b>Relay</b>	48	42	40	38	36	34	32	30	28	26	22	18	16	14	12	10	8	6	4	2

**AWARDS:** A trophy will be awarded to the highest scoring zone team. There shall be no individual awards or relay awards.

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

**Snack Bar:** There will be **NO** snack bar or concession stands. Each zone is responsible for providing food, drink, and refreshments for their athletes.

**HOSPITALITY:** Hospitality will be provided for working officials and coaches/team managers.

### SCHEDULE OF EVENTS

Girls Event #	Event	Boys Event #
1	13-14 200 Med. Relay	2
3	11-12 200 Med. Relay	4
5	9-10 200 Med. Relay	6
7	8 & under 100 Med. Relay	8
9	13-14 50 Free	10
11	11-12 50 Free	12
13	9-10 50 Free	14
15	8 & Under 25 Free	16
17	13-14 200 IM	18
19	11-12 200 IM	20
21	9-10 100 IM	22
23	8 & Under 100 IM	24
25	13-14 100 Fly	26
27	11-12 100 Fly	28
29	9-10 50 Fly	30
31	8 & Under 25 Fly	32
33	13-14 100 Back	34
35	11-12 100 Back	36
37	9-10 50 Back	38
39	8 & under 25 Back	40
41	13-14 100 Breast	42
43	11-12 100 Breast	44
45	9-10 50 Breast	46
47	8 & under 25 Breast	48
49	13-14 200 Free	50
51	11-12 100 Free	52
53	9-10 100 Free	54
55	8 & under 50 Free	56
57	13-14 200 Free Relay	58
59	11-12 200 Free Relay	60
61	9-10 200 Free Relay	62
63	8 & under 100 Free Relay	64

**NEARBY HOTELS:**

**Fairfield Inn & Suites Santa Rosa Rohnert Park**

405 Martin Ave, Rohnert Park, CA 94928

**Holiday Inn Windsor**

8755 Old Redwood Hwy, Windsor CA 95492

**Holiday Inn Express Windsor**

8865 Conde Ln, Windsor CA 95495

**Hampton Inn & Suites, Windsor**

8937 Brooks Rd. S, Windsor, CA 95492

**The Fairfield Inn & Suites in Sebastopol Santa Rosa**

1101 Gravenstein Hwy S, Sebastopol, CA 95472

**Courtyard Marriott Santa Rosa**

175 Railroad St., Santa Rosa, CA 95401