

2023 ZONE 1 NORTH SHORT COURSE SWIM CHAMPIONSHIPS  
PACIFIC SWIMMING SHORT COURSE MEET  
JANUARY 28-29, 2023  
Enter Online: [www.fastswims.com](http://www.fastswims.com)



**PARTICIPATING Z1N CLUBS:** ALTO, BCP, BGC, BSC, BAC, DCD, FOG, HDAC, LO, LAMV, MCAC, MAV, OSC, PPSC, PSL, PASA, SOLO, SSF, SUNN, YEMB

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-025**

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.

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, webcasting, 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> Sylvain Flamant	<b>Head Starter:</b> Katherine Ng-Suen
<b>Meet Marshal:</b> Yannick Guillerm	<b>Admin Referee:</b> Stephanie Kuang
<b>Meet Director:</b> Laura Mitchell, <a href="mailto:coachlauramitchell@gmail.com">coachlauramitchell@gmail.com</a>	

**LOCATION:** Sunnyvale Swim Complex @ Fremont High School, 1283 Sunnyvale-Saratoga Ave., Sunnyvale, CA 94087

**DIRECTIONS:** From Interstate 280, exit N. De Anza Blvd (Sunnyvale-Saratoga Ave), travel north on Sunnyvale-Saratoga Ave until it reaches Fremont Ave. The pool is between the school's main entrance and the football field. There are two parking lots. Parking lot off Sunnyvale-Saratoga Ave in front of the high school will be held for meet officials and coaches ONLY. Participants should park in the student lot (with solar panels) on the west side of the school campus off Fremont Ave.

**COURSE:** OUTDOOR 25-yard by 50-meter pool with up to 10 lanes available for competition. An additional 8 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 4'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** This is a split-session event with women in the morning session and men in the afternoon session. The morning session will begin at 8:30 AM each day with warm-ups from 7 to 8:20 AM each day. The pool deck will open at 6:30 AM each day. Start lanes will

not open prior to 8:00 AM each day. Warm up for the afternoon session will begin 20 minutes after the conclusion of the morning session. The afternoon session will start ~1.5 hours after the conclusion of the morning session, at the discretion of the Meet Director and Meet Referee.

**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 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.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All events are timed finals and will swim fast to slow.
- Athletes may compete in three (3) individual events and one (1) relay per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the “Four-Hour Rule,” based on the athletes’ age and gender.
- 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.
- All events are timed finals and pre-seeded. It is the athlete’s responsibility to report to the proper lane in the correct heat of their events. All athletes must be behind the blocks and prepared to compete prior to their heat. Names of missing athletes will not be called by the Starters. An athlete who misses their heat will not be permitted to swim that event in a different heat.
- Relays will be swum in one course at the end of the session. Clubs are permitted to enter up to three (3) relays in each relay event (A/B/C), but only the ‘A’ relay team may score points. Relay teams must be designated before the event.
- Based on athlete numbers and at the discretion of the Meet Director, warm up lanes may be assigned by team.
- **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, or 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 must be properly secured.
- **Swim meet patrons should observe all signs posted and comply with facility staff requests**
- Deck Changes are 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 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.
- Coach tents ONLY on the pool deck, no personal tents allowed. Space outside of the pool is for personal tents.
- No spectators will be permitted on the pool deck in order to maintain social distancing and keep the deck clear for athletes.

**ELIGIBILITY:** • This meet is open only to members of Participating Zone 1 North Clubs

- Athletes must be current members of USA Swimming 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.
- Athletes 8/Under must have met the Pacific Swimming 8/under “A” standard in every event entered. Athletes 9/Over must have met the 2021-2024 USA-S Motivational “BB” time standard for their age group and gender in every event entered. The 15 & Over age group will use the 15-16 USA-S Motivational times. **Entries with "NO TIME" will be rejected**
- 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 may be used.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete’s age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** The meet is open only to members of participating Zone 1 North swim clubs: **ALTO, BCP, BGC, BSC, BAC, DCD, FOG, HDAC, LO, LAMV, MCAC, MAV, OSC, PPSC, PSL, PASA, SOLO, SSF, SUNN, YEMB.**

**ENTRY FEES:** \$4.50 per individual event, \$8.00 participation fee per athlete. \$9.00 per relay. **\*\*Note, relay only athletes ARE NOT required to pay the participation fee. No refunds will be made, except mandatory scratch downs. All entry fees MUST be included with entry.**

**ONLINE ENTRIES:** You may enter this meet online or by U.S. mail. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of Athletes. 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 23<sup>rd</sup> at 11:59 PM.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete’s best time. Entries must be postmarked by midnight, Sunday, **January 22** or hand delivered by 6:30 p.m. Monday, **January 23, 2023.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**SEEDING:** Event seeding will be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters - USA Swimming rules 207.11.7B.

**RELAY ENTRIES:** Relay entries will be accepted online or via mail/hand delivery by the entry deadline. **Deck entries will not be accepted.** Participation fee is not charged for "Relay Only" athletes. “Relay Only” athletes **MUST** be entered in the meet.

**Make check payable to: PACIFIC SWIMMING ZONE 1N**

**Mail entries to: Laura Mitchell  
3159 El Camino Real  
Palo Alto CA, 94306**

**Hand deliver entries to: Laura Mitchell  
3159 El Camino Real  
Palo Alto CA, 94306**

**CHECK-IN:** All individual events will be pre-seeded. Athletes are not required to check-in.

**SCRATCHES:** Athletes shall report promptly to the starting blocks when their event/heat is called. Any athletes not reporting for or competing in an individual timed final event shall **NOT** be penalized.

**AWARDS:** Ribbons will be awarded to the top sixteen (16) places in individual events and top eight (8) places in relay events. Club champions will be awarded in three divisions, based on the size of the club, following the table below. Ribbons will not be provided for athletes ages 13 and older. **The Ray Taft Award** will be awarded to the fastest male 100 backstroke of the meet. Unattached athletes will not receive awards. “A” Medals may be issued to athletes by their OWN CLUBS, “A” medals will not be awarded at the meet. **Awards will not be mailed; coaches must pick up their team awards and ribbons at the conclusion of the meet on Sunday.**

Division 1	1 - 39 Athletes
Division 2	40 - 99 Athletes
Division 3	100 + Athletes

**ADMISSION:** Free. A pdf file of the meet program will be provided to all participating clubs at least twenty-four hours before the meet.

**REFRESHMENTS:** Coaches will be provided breakfast hospitality but should plan to provide their own lunch. There will be full snack bar service available. A complimentary lunch will be provided for officials.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. First Aid Kit and AED are available on-site during the meet.

**SCORING:**

Individual Events - Top 16 finishers will score points: 18-16-15-14-13-12-11-10-8-7-6-5-4-3-2-1

Relay Events - Top 8 finishers will score points: 36-32-30-28-26-24-22-20.

**MINIMUM OFFICIALS:** Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below. Clubs that do not provide sufficient officials must provide coaches to act in the place of officials.

Club athletes entered in session	Trained and carded officials requested
0-24	0
25-50	1
51-75	2
76-100	3
101+	4+ (one for each additional 25 athletes)

**ZONE 1 NORTH ALL STAR:** This is a selection meet for the Zone 1 North All-Star Team. Athletes who are selected for the team will be contacted by either the team manager or head coach. Additional selection information will be available at the meet.

**EVENT SUMMARY**

SATURDAY, JANUARY 28, 2023					SUNDAY, JANUARY 29, 2023				
8-UN	9-10	11-12	13-14	15-O	8-UN	9-10	11-12	13-14	15-O
25 FR	50 FR	50 FR	50 FR	50 FR	25 BK	50 BK	50 BK	100 BK	100 BK
100 IM	100 IM	100 IM	200 IM	200 IM	25 FL	50 FL	50 FL	100 FL	100 FL
25 BR	50 BR	50 BR	100 BR	100 BR	50 FR	100 FR	100 FR	100 FR	100 FR
100 FrRel	200 FrRel	200 FrRel	200 FrRel	200 FrRel	100 MR	200 MR	200 MR	200 MR	200 MR

**EVENTS**

<b>Saturday, January 28<sup>th</sup> – Session A (GIRLS)</b>			
<b>LCM Std.</b>	<b>SCY Std.</b>	<b>Girls #</b>	<b>Event</b>
33.79	29.49	1	15 - 18 50 free
34.49	30.19	2	13 – 14 50 Free
35.69	31.29	3	11 – 12 50 Free
39.89	35.19	4	9 – 10 50 Free
	19.49	5	8 & U 25 Free
2:58.19	2:34.89	6	15 – 18 200 IM
3:01.79	2:37.59	7	13 – 14 200 IM
	1:18.09	8	11 – 12 100 IM
	1:31.69	9	9 – 10 100 IM
	1:49.29	10	8 & U 100 IM
1:32.39	1:19.69	11	15 - 18 100 Breast
1:34.79	1:21.69	12	13 – 14 100 Breast
45.49	39.99	13	11 – 12 50 Breast
53.99	47.49	14	9 – 10 50 Breast
	25.99	15	8 & U 25 Breast
		16	8 & U 100 Free Relay
		17	9 - 10 200 Free Relay
		18	11 – 12 200 Free Relay
		19	13 - 14 200 Free Relay
		20	15 - 18 200 Free Relay

<b>Saturday, January 28<sup>th</sup> - SESSION B (BOYS)</b>			
<b>LCM Std.</b>	<b>SCY Std.</b>	<b>Boys #</b>	<b>Event</b>
30.19	26.39	21	15 - 18 50 free
31.99	27.79	22	13 – 14 50 Free
34.69	30.29	23	11 – 12 50 Free
39.49	34.49	24	9 – 10 50 Free
	19.49	25	8 & U 25 Free
2:43.99	2:20.89	26	15 – 18 200 IM
2:51.39	2:28.49	27	13 – 14 200 IM
	1:14.99	28	11 – 12 100 IM
	1:28.89	29	9 – 10 100 IM
	1:49.29	30	8 & U 100 IM
1:23.49	1:11.09	31	15 - 18 100 Breast
1:28.09	1:15.49	32	13 – 14 100 Breast
45.19	39.49	33	11 – 12 50 Breast
53.29	46.59	34	9 – 10 50 Breast
	25.99	35	8 & U 25 Breast
		36	8 & U 100 Free Relay
		37	9 - 10 200 Free Relay
		38	11 – 12 200 Free Relay
		39	13 - 14 200 Free Relay
		40	15 - 18 200 Free Relay

<b>Sunday, January 29<sup>th</sup> – Session A (GIRLS)</b>			
<b>LCM Std.</b>	<b>SCY Std.</b>	<b>Girls #</b>	<b>Event</b>
1:21.09	1:09.39	41	15 - 18 100 Back
1:23.59	1:11.19	42	13 – 14 100 Back
40.79	35.39	43	11 – 12 50 Back
48.89	41.89	44	9 – 10 50 Back
	23.49	45	8 & U 25 Back
1:19.29	1:09.39	46	15 – 18 100 Fly
1:20.39	1:10.89	47	13 – 14 100 Fly
38.29	33.89	48	11 – 12 50 Fly
47.09	41.79	49	9 – 10 50 Fly
	22.59	50	8 & U 25 Fly
1:13.49	1:03.99	51	15 – 18 100 Free
1:14.79	1:05.49	52	13 – 14 100 Free
1:18.09	1:08.29	53	11 – 12 100 Free
1:31.19	1:19.99	54	9 – 10 100 Free
49.99	43.99	55	8 & U 50 Free
		56	8 & U 100 Medley Relay
		57	9 - 10 200 Medley Relay
		58	11 – 12 200 Medley Relay
		59	13 - 14 200 Medley Relay
		60	15 - 18 200 Medley Relay

<b>Sunday, January 29<sup>th</sup> Session B (BOYS)</b>			
<b>LCM Std.</b>	<b>SCY Std.</b>	<b>Boys #</b>	<b>Event</b>
1:14.39	1:03.19	61	15 - 18 100 Back
1:17.89	1:06.39	62	13 – 14 100 Back
40.39	34.99	63	11 – 12 50 Back
49.19	42.29	64	9 – 10 50 Back
	23.49	65	8 & U 25 Back
1:11.79	1:02.69	66	15 – 18 100 Fly
1:15.49	1:06.09	67	13 – 14 100 Fly
38.59	34.19	68	11 – 12 50 Fly
45.99	40.49	69	9 – 10 50 Fly
	22.59	70	8 & U 25 Fly
1:06.89	57.89	71	15 – 18 100 Free
1:09.89	1:00.89	72	13 – 14 100 Free
1:15.49	1:05.89	73	11 – 12 100 Free
1:30.19	1:18.79	74	9 – 10 100 Free
49.99	43.99	75	8 & U 50 Free
		76	8 & U 100 Medley Relay
		77	9 - 10 200 Medley Relay
		78	11 – 12 200 Medley Relay
		79	13 - 14 200 Medley Relay
		80	15 - 18 200 Medley Relay

Pacific Swimming – Hosted by Zone 1 North Short Course Championships January 28 - 29, 2023 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			
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							: .			SCY / LCM			
							: .			SCY / LCM			
# of entries _____ x \$4.50 = \$ _____ Participation Fee      \$ 8.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						