

PACIFIC SWIMMING – ZONE 1 NORTH
2024 ZONE 1 NORTH SHORT COURSE CHAMPIONSHIPS
JANUARY 27 – 28, 2024
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **24-016**

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, 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.

MEET PERSONNEL:

Meet Referee: Sylvain Flamant	Head Starter: Katherine Ng
Meet Marshal: Michael Hung	Admin Official: Carol Waln
Meet Director: Laura Mitchell and Joy Taylor, altomeetdirector@gmail.com	

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

DIRECTIONS: From Highway 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 in the front of Fremont High School is for meet officials and swim 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 **7'0"** at the start end and **7'0"** at the turn end. The meet host shall ensure the required course dimensions.

TIME: This is a single session championship meet for Pacific Swimming Zone 1 North. The morning session will begin at 9 AM each day with warm-ups from 7 to 8:50 AM each day. The pool deck will open at 6:30 AM each day. Each participating Club will have an assigned warm up as determined by the Meet Directors and operations team. Warm-up will be coach / club led, including one-way starts and pace. Additional one-way start and pace lanes will not be available outside of a club's assigned warm up lanes / time slot with the exception of two (2) one-way start lanes that will be open for the entire duration of warm up for one-way starts.

- 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.
 - 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 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.
 - All events will swim fast to slow.
 - Athletes may compete in 3 individual events per day and 1 relay per day.
 - 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 Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
 - AED available to all participants. Further Medical support available via 911.

UNACCOMPANIED ATHLETES: Any USA Swimming 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 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: Athletes must be certified by a USA Swimming 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.
 - All shelters must be properly secured.
 - 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 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.
 - Spectators are not permitted within the competition course / deck. There will be clearly marked spectator areas alongside the competition course. Spectators must stay within the Spectator area as communicated by the Meet Directors and meet personnel.

- 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.
 - 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. Athletes 8 & Under must have met

the 8&U time standard listed in the meet sheet for their gender in every event entered. **Entries with "NO TIME" will be rejected.**

- 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.
- 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 15 & Over age group.
- The Athlete's age shall 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, DACA, FOG, HDAC, LO, LAMV, MAV, OSC, PPSC, PSL, PASA, SOLO, SSF, SUNN, UCPA, YEMB.**

ENTRY FEES: \$4.50 per event plus a \$10.00 participation fee per Athlete. Relays are \$9.00 per Relay entered. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 service fee is a separate fee from the Entry Fees. If you do not wish to pay the service fee, enter by contacting the Meet Director. 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 Wednesday, January 17 at 11:59 PM

MAILED OR HAND DELIVERED ENTRIES: Mailed or hand delivered entries will not be accepted. If you are unable to enter online without assistance, please contact the Meet Director.

CHECK-IN: The meet shall be pre-seeded. Scratches must be received in advance via email in accordance with the scratch deadlines outlined by the Meet Director.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall not be penalized.

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. **Deck entries will not be accepted.** Participation fee is not charged for "Relay Only" athletes. "Relay Only" athletes **MUST** be entered in 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.

AWARDS: Medals will be awarded to the top three (3) places in individual events and in relays. Ribbons will be awarded to the places fourth (4) through sixteen (16) in individual events and places fourth (4) through eight (8) 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 participating clubs at least twenty-four hours before the meet.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to Officials.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

ZONE 1 NORTH ALL STARS: This is a selection meet for the 2024 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.

MINIMUM 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)

EVENT SUMMARY

SATURDAY, JANUARY 27, 2024					SUNDAY, JANUARY 28, 2024				
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

ORDER OF EVENTS

LCM Time Standard	SCY Time Standard	Event #	SATURDAY January 27, 2024	Event #	SCY Time Standard	LCM Time Standard
39.89	35.19	1	9 – 10 50 Free	2	34.49	39.49
	20.99	3	8 & U 25 Free	4	20.99	
35.69	31.29	5	11 – 12 50 Free	6	30.29	34.69
34.49	30.19	7	13 – 14 50 Free	8	27.79	31.99
33.79	29.49	9	15 & O 50 free	10	26.39	30.19
	1:31.69	11	9 – 10 100 IM	12	1:28.89	
	1:53.99	13	8 & U 100 IM	14	1:53.99	
	1:18.09	15	11 – 12 100 IM	16	1:14.99	
3:01.79	2:37.59	17	13 – 14 200 IM	18	2:28.49	2:51.39
2:58.19	2:34.89	19	15 & O 200 IM	20	2:20.89	2:43.99
53.99	47.49	21	9 – 10 50 Breast	22	46.59	53.29
	27.49	23	8 & U 25 Breast	24	27.49	
45.49	39.99	25	11 – 12 50 Breast	26	39.49	45.19
1:34.79	1:21.69	27	13 – 14 100 Breast	28	1:15.49	1:28.09
1:32.39	1:19.69	29	15 & O 100 Breast	30	1:11.09	1:23.49
		31	8 & U 100 Free Relay	32		
		33	9 - 10 200 Free Relay	34		
		35	11 – 12 200 Free Relay	36		
		37	13 - 14 200 Free Relay	38		
		39	15 & O 200 Free Relay	40		

LCM Time Standard	SCY Time Standard	Event #	SUNDAY January 28, 2024	Event #	SCY Time Standard	LCM Time Standard
48.89	41.89	41	9 – 10 50 Back	42	42.29	49.19
	24.99	43	8 & U 25 Back	44	24.99	
40.79	35.39	45	11 – 12 50 Back	46	34.99	40.39
1:23.59	1:11.19	47	13 – 14 100 Back	48	1:06.39	1:17.89
1:21.09	1:09.39	49	15 & O 100 Back	50	1:03.19	1:14.39
47.09	41.79	51	9 – 10 50 Fly	52	40.49	45.99
	23.19	53	8 & U 25 Fly	54	23.19	
38.29	33.89	55	11 – 12 50 Fly	56	34.19	38.59
1:20.39	1:10.89	57	13 – 14 100 Fly	58	1:06.09	1:15.49
1:19.29	1:09.39	59	15 & O 100 Fly	60	1:02.69	1:11.79
1:31.19	1:19.99	61	9 – 10 100 Free	62	1:18.79	1:30.19
51.49	46.99	63	8 & U 50 Free	64	46.99	51.49
1:18.09	1:08.29	65	11 – 12 100 Free	66	1:05.89	1:15.49
1:14.79	1:05.49	67	13 – 14 100 Free	68	1:00.89	1:09.89
1:13.49	1:03.99	69	15 & O 100 Free	70	57.89	1:06.89
		71	8 & U 100 Medley Relay	72		
		73	9 - 10 200 Medley Relay	74		
		75	11 – 12 200 Medley Relay	76		
		77	13 - 14 200 Medley Relay	78		
		79	15 & O 200 Medley Relay	80		