

**2025 PACIFIC SWIMMING ZONE ALL STAR MEET
PACIFIC SWIMMING SHORT COURSE MEET
MAY 18, 2025**



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-062**

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. It is further understood that Pacific Swimming, and Sunnyvale Swim Club shall be free and held harmless 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, of 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:

<i>Meet Referee:</i>	Charlie Gonzales	<i>Head Starter:</i>	Sylvain Flamant
<i>Meet Marshal:</i>	Yannick Guillerm	<i>Admin Official:</i>	Amy Gonzales
<i>Meet Director:</i>	Bob Hill / Jen Brown		

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 of Sunnyvale-Saratoga in front of the high school will be held for meet officials and swim coaches. 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 15 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 12'0" at the start end and 12'0" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 10:00 am on Sunday, May 18, 2025, with warm-ups from 8:30-9:45 am.

Saturday, May 17, Team Warm-ups: Z1N & Z1S - 2:30 PM to 3:30 PM; Z2, Z3, Z4 - 3:30 PM to 4:30 PM

RULES:

- Current USA Swimming 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.

- Each Zone's entries shall be seeded fastest to slowest.
- Entries will be selected and entered by the five Zones of Pacific Swimming.
- Each Zone Team may enter up to four (4) athletes per individual event and two (2) relay teams per relay event.
- Athletes may compete in up to three (3) individual events per day plus relays.
- An alternate athlete who replaces an entered athlete must compete in the entered athlete's events and assigned lanes.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. There are no entry fees, and no refunds will apply.
- A First Aid Kit and an AED will be available for medical needs.

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 to make 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 entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing racing starts, or shall start each race in the water. It is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

RESTRICTIONS: the following restrictions apply to all areas of the meet venue including the pool deck, locker rooms, spectator seating or standing areas, and all areas used by swimmers during the meet and during warm-up periods.

- No smoking or use of tobacco products.
- No sale or use of alcoholic beverages.
- No glass containers.
- No propane heaters.
- No animals except working service animals.
- Deck changes are prohibited.
- Each zone will be assigned a team area on the pool deck.
- Spectators must remain in the designated spectator areas and must respect all closed areas of the pool deck.
- 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.

ELIGIBILITY:

- This meet is open only to athletes who have been selected to compete by each Zone. No athlete who has applied and been selected for any of the Western Zone All-Star or the Pacific Coast All-Star Teams will be eligible regardless of age. The athlete does not have to have competed in any of these meets.
- Athletes must be current members of USA Swimming and their name and registration number shall be entered exactly as they are shown in their USA swimming registration. 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" will NOT be accepted. **If no previous yards time exists, a converted or coach-estimated time shall be entered.**
- 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 age of the Athlete on the first day of the meet.

ENTRIES: Entries must be emailed to the Meet Director (meet.director@sunn.org) using the Hy-Tek entry file provided to the zones. All entries must be electronically received by **11:59 pm Wednesday, May 7, 2025**, and must be accompanied by a PDF or hard-copy printout of the Zone's complete entries showing assigned heat and lane for each entry.

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. Each Zone's entries shall be seeded fastest to slowest.

SEEDING: Lane seeding is based on the final team scores from the 2024 Zone All-star Meet. Zone Heat and lane assignment for each event is shown in the table below. **Entries shall be seeded fastest to slowest.**

INDIVIDUAL & RELAY EVENT SEEDING

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

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 it is seeded are required to inform the Referee immediately.

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

SCORING:

- **INDIVIDUAL POINTS:** 24 21 20 19 18 17 16 15 14 13 11 9 8 7 6 5 4 3 2 1
- **RELAY POINTS:** 48 42 40 38 36 34 32 30 28 26

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

SNACK BAR & HOSPITALITY: Each Zone will be responsible for providing food and drink for their athletes and staff. A limited snack bar, which may include a variety of bagels, muffins, bars, chips, candies, juices and water, will be available during the meet, however no hot foods will be served. Hospitality will be provided for meet officials and volunteers.

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

ORDER 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