

PEGGY RAMIREZ MEMORIAL ZONE 3 WINTER CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE MEET
FEBRUARY 1-2, 2025
Enter Online at: <http://ome.fastswims.com>



SANCTION: Held under USA Pacific Swimming Sanction No **25-002**

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, 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. **The unofficial results of this meet may be posted in real time on the Meet Mobile app.**

USE OF AUDIO AND VISUAL: Photography and video recording from behind or beside the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual electronic 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. Flash photography during the start of a race is prohibited in any location.

MEET PERSONNEL:	Meet Referee: Don Bautista	Head Starter: Bill Sargis
	Meet Marshal: Viktoriya Kotlinski	Admin Official: Barbarie Gonzalez
	Meet Director: Alexa Jayne alexa@sea-serpents.org	

LOCATION: : Vintage High School, 3740 Jefferson St, Napa, CA 94558

DIRECTIONS: <https://maps.app.goo.gl/TDJfusZugexWLYxD6>

COURSE: Outdoor 25-Yard pool with up to 10 lanes available for competition. Additional lanes will be available for warmup/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6' at the start end and 6' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at **10:00 AM** each day with warm-ups from **8:30 to 9:45 AM** each day.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall 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 except the King-of-the-Zone Challenge events are timed finals seeded fastest to slowest.
- Athletes may compete in **MAXIMUM 3** individual events per day.
- If local conditions warrant, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be given for any mandatory scratch downs.
- Events may be combined at the discretion of the Meet Referee
- **All Coaches and deck Officials must wear their valid USA Swimming membership cards in a visible manner.**
- Red Cross certified lifeguards, backboards, rescue tubes, automated external defibrillator (AED), and minor first aid supplies will be available.

KING-OF-THE-ZONE 100 FREESTYLE & 100 IM CHALLENGE:

- Open to athletes who enter the King-of-the-Zone Challenge.
- King-of-the-Zone Challenge events shall swim as preliminary heats, semifinals, and finals heats. The fastest 20 athletes from the preliminaries in each King-of-the-Zone event will qualify for the semifinals. The 10 fastest athletes from the semifinals will qualify for finals.
- The fastest 3 preliminary heats, and all semifinal heats of the King-of-the-Zone Challenge will be circle-seeded.
- A scratch desk will be available for athletes who wish to scratch semifinals and/or finals.

DISTANCE:

- Check-in and Seeding - entrants in the 400 IM and 500 Free must check-in and confirm their intention to compete by 11:00 AM each day at the scratch desk. Seeded heat sheets will be published within one hour following the close of the event.
- All athletes in the 500 Free must provide their own lap counters and timers. All athletes in the 400 IM must provide their own timers.

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: Each athlete 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 without the use of the backstroke ledge. When not accompanied by a member-coach, 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 Athletes during the meet and during warm-up periods.

- No smoking, "vaping," or use of tobacco products.
- No Sale and/or use of alcoholic beverages, or recognition of alcoholic sponsors.
- No glass containers.
- No propane heaters, except for snack bar/meet operations.
- No animals except physician-certified "service assistance" animals are permitted. Please show certification when asked by meet officials or marshals.
- Shelters are permitted in designated outdoor areas only, and must be properly secured at all times, or may be removed by meet management.
- Deck Changes are prohibited. There will be restricted areas of the deck. Cooperation of athletes, families, and coaches will be appreciated.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), fireworks of any kind, 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: • 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.

- The meet is open to qualified athletes that are members of Zone 3 Clubs only. Athletes who are unattached but training with a Zone 3 Club are eligible to compete.
- Athletes shall have met the "Zone 3" time standard in events where a time standard is listed.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such Athletes must have met standards listed for the 15-18 age group.
- 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 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.

PROOF OF TIME: All entry times may be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times must have been achieved prior to the closing date of entries for the meet. If a time cannot be proven prior to the meet, the Athlete shall not be seeded in the event until the entry time has been proven. When possible, the Coaches shall be notified of the Athletes who have not proven their entry time. No refunds shall be given if a time cannot be proven.

CHECK-IN: Entrants in the 400 IM and 500 Free must check-in and confirm their intention to compete by 11:00 AM each day at the scratch desk. All other events shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

SCRATCHES: Scratches for Saturday's events must be submitted by 6:00 PM on FRIDAY, JANUARY 31ST and scratches for Sunday's events must be submitted by 6:00 PM on SATURDAY, FEBRUARY 1ST. Scratches can be submitted through a Google Form that will be emailed out to all participants or through the scratch desk at the meet. Scratches may be confirmed with team coaches.

- **No-Shows:** Any athlete not reporting for or competing in an individual event shall not be penalized. **Athletes who must withdraw from an event after it is seeded are requested to inform the scratch desk immediately.**
- King-of-the-Zone Challenge participants who scratch or no-show a King-of-the-Zone round become ineligible for all subsequent rounds, and are still subject to the daily event limits.

ENTRY TIMES: Entries must be submitted using the athlete's best short-course yards time for each event.

ENTRY FEES: \$4.50 per event plus an \$10.00 SCY participation fee per Athlete. \$9.00 per Relay Entry. Entries will be rejected if payment is not sent at time of request. No refunds will be given except in the case of a mandatory scratch-down.

ENTRY DEADLINES: Entries will be accepted through **Wednesday, January 22, 2025**. NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES OR ENTRY CHANGES WILL BE ALLOWED.

RELAY ENTRIES: Entries will be accepted through **Wednesday, January 22, 2025**. NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES OR ENTRY CHANGES WILL BE ALLOWED. **Relay only athletes will be accepted.**

ONLINE ENTRIES: To enter on-line go to <http://ome.fastswims.com> to receive an immediate entry confirmation. **The "billing information" email should be brought to the meet as proof of entry.** This method requires payment by credit card. FastSwims charges a processing fee, 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. 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 22, 2025**.

HYTEK ENTRIES: Clubs wishing to submit their team's entries via HyTek entry file should contact as soon as possible to coordinate, and should submit their entries at least 7 days before the deadline for online entries to help ensure enough space remains in the meet. **Only a single-entry file submission will be accepted from any one club, and must be accompanied by payment in full.** After acceptance, additional entries will need to use one of the other entry methods, and scratches will need to follow the scratch procedures for the meet.

MAILED OR HAND DELIVERED ENTRIES: Not accepted

Checks are payable to: Zone 3 and shall be hand delivered to the meet director at the meet.

AWARDS: Ribbons for 1st -8th in the following age groups 8U, 9-10, 11-12, 13-14, 15-18. Relays- ribbons 1st - 3rd. Club banners 1st, 2nd, and 3rd place teams. High Point Awards will be award for the following age groups: 8UN, 9-10, 11-12, 13-14, 15-18. No awards given for athletes 19 years of age and older.

- Each club is asked to designate a representative to collect the awards for the athletes. Awards will be handed out at the end of the Sunday session. Unclaimed awards will not be mailed.

SCORING: Individual Events 10-lane pools: 11-9-8-7-6-5-4-3-2-1 Points shall be doubled for Relays.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available each day. Hospitality will be offered to officials, coaches, and timers.

TIMERS: Clubs will be assigned lanes based on the number of athletes from each club participating in the meet.

MINIMUM OFFICIALS: At least seven days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each club participating in the meet, and provide a preliminary inventory of the officials that club is required to provide for each session. Each club shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each session by each club with the number of officials present representing each club. If meet management certifies that a club has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a prelims and finals meet, the club shall be fined \$100 per missing official per session of the meet.

Club Athletes entered in session	Trained and carded Officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

NOTE: Zone 3 shall include assigned and working Colorado, Intermediary/ Chief Timing Judge, and Computer operator in the count of officials for a session although these positions are not carded. Zone 3 shall accept Carded Apprentices in the count of officials. Clubs may use officials "borrowed" from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

SCHEDULE OF EVENTS

SATURDAY			
Girls Event #	Age Group	Event	Boys Event #
101	15/O	Mixed 200 Free Relay	101
102	13-14	Mixed 200 Free Relay	102
103	11-12	Mixed 200 Free Relay	103
104	10/UN	Mixed 200 Free Relay	104
King-of-the-Zone Challenge (KOH)			
105	15/O	100 Free Prelims	106
107	13-14	100 Free Prelims	108
109	11-12	100 Free Prelims	110
111	10/UN	100 Free Prelims	112
113	8/UN	25 Free	114
115	15/O	100 Brst	116
117	13-14	100 Brst	118
119	12/UN	100 Brst	120
121	8/UN	25 Brst	122
123	15/O	50 Back	124
125	13-14	50 Back	126
127	11-12	50 Back	128
129	10/UN	50 Back	130
131	15/O	100 Fly	132
133	13-14	100 Fly	134
137	12/UN	100 Fly	138
139	8/UN	25 Fly	140
141	12/U	400 IM*	142
143	13-14	400 IM*	144
145	15/O	400 IM*	146
* swum together but scored separately			
King-of-the-Zone Challenge (KOH)			
105-111	Semi-Finals (Top 20)		106-108
	Finals (Top 10)		

SUNDAY			
Girls Event #	Age Group	Event	Boys Event #
201	15/O	Mixed 200 Med. Relay	201
202	13-14	Mixed 200 Med. Relay	202
203	11-12	Mixed 200 Med. Relay	203
204	10/UN	Mixed 200 Med. Relay	204
King-of-the-Zone Challenge (KOH)			
205	15/O	100 IM Prelims	206
207	13-14	100 IM Prelims	207
209	11-12	100 IM Prelims	210
211	10/UN	100 IM Prelims	212
213	15/O	50 Free	214
215	13-14	50 Free	216
217	11-12	50 Free	218
219	10/UN	50 Free	220
221	15/O	100 Back	222
223	13-14	100 Back	224
225	12/UN	100 Back	226
227	8/UN	25 Back	228
229	15/O	50 Brst	230
231	13-14	50 Brst	232
233	11-12	50 Brst	234
235	10/UN	50 Brst	236
237	15/O	50 Fly	238
239	13-14	50 Fly	240
241	11-12	50 Fly	242
243	10/UN	50 Fly	244
245	12/U	500 Free**	246
247	13-14	500 Free**	248
249	15/O	500 Free**	250
** swum together but scored separately			
King-of-the-Zone Challenge (KOH)			
205-211	Semi-Finals (Top 20)		206-212
	Finals (Top 10)		

TIME STANDARDS:

GIRLS					EVENT	BOYS				
10/U	12/U	11-12	13-14	15-18		10/U	12/U	11-12	13-14	15-18
44.99		32.99	30.29	29.59	50 FREE	44.99		32.99	27.79	26.59
1:42.99		1:13.99	1:05.69	1:04.29	100 FREE	1:42.99		1:13.99	1:00.89	58.19
	6:45.69		6:22.79	6:22.79	500 FREE		6:29.99		5:58.19	5:58.19
	1:27.99		1:16.89	1:11.39	100 BACK		1:27.99		1:11.89	1:06.79
	1:38.59		1:28.19	1:21.89	100 BRST		1:38.59		1:21.29	1:15.49
	1:24.39		1:16.39	1:10.89	100 FLY		1:22.89		1:11.29	1:06.19
1:56.99		1:27.49	1:20.99	1:20.99	100 IM	1:56.99		1:27.49	1:14.99	1:14.99
	6:31.69		6:05.79	6:05.79	400 IM		6:17.09		5:37.69	5:37.69