

ALBANY ARMADA AQUATICS  
 PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET  
 MARCH 22-23, 2025  
 ENTER ONLINE: <http://ome.fastswims.com>



**ZONE 2 PRIORITY CLUBS FOR AAA SITE: AAA ALGA CROW DA EBSD ECG ELIT HILL MONT OAPB ONDA PST SAIL WCAB**

**THIS IS A SELECTION MEET FOR THE ZONE 2 ALL-STAR TEAM**

No Friday night set-up or storage allowed. Canopies cannot be left outside the pool on Saturday night and must be taken home or stored behind the pool. Gates will be open each morning at 7:00 AM.

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **25-030**

*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 their 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 Meet Mobile.**

**ZONE 2 ALL-STAR TEAM SELECTION**

This is one of the selection meets for the Pacific Swimming Zone All-Star Meet (ZAM). ZAM will be held May 18, 2025 in Sunnyvale, CA. The Zone 2 All-Star Team is comprised of up to eight girls and eight boys from each of four age groups (8 & under, 9–10, 11–12, and 13–14) for a total of up to 64 athletes. The selection of the first seven athletes in each gender and age group is determined by the total points scored in the ZAM selection events at the following meets:

- Zone 2 Winter Championship Meet February 1–2, 2025 (**MANDATORY**)
- Zone 2 Last Chance Meet (TERA/SRVA) March 1–2, 2025
- Zone 2 C/B/BB+ Meet (CDST/AAA) March 22–23, 2025

The fastest time for each selection event will be used to calculate points. The eighth athlete in each gender and age group is a Coach’s choice. The next two highest-scoring athletes will be Alternates. Points will be scored based on the applicant’s **age on May 18, 2025**. To be considered for the Zone 2 All-Star Team, the athlete must: (1) compete in at least one selection event at the Zone 2 Winter Championship Meet (February 1-2, 2025); and (2) submit the [Initial Application](#) no later than 6:00 PM Friday January 31, 2025 (or provide the athlete’s information to the Zone 2 All-Star Team desk at the Zone 2 Winter Championship meet before 9:00 AM Saturday February 1, 2025). Visit <https://www.pacswim.org/members/zones/zone-2/zone-2-all-star-team> for more information.

	ZAM Selection Events					
<b>8 &amp; under</b>	25 Breast	25 Fly	25 Back	25 Free	50 Free	100 IM
<b>9-10</b>	50 Breast	50 Fly	50 Back	50 Free	100 Free	100 IM
<b>11-12</b>	100 Breast	100 Fly	100 Back	50 Free	100 Free	200 IM
<b>13-14</b>	100 Breast	100 Fly	100 Back	50 Free	200 Free	200 IM

**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 their designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> David Benjamin	<b>Head Starter:</b> Dionne Dunn
<b>Meet Marshal:</b> Amornrit Pukdeedamrongrit	<b>Admin Official:</b> Justin Ritter
<b>Meet Director:</b> Filip Filipić   <a href="mailto:armadaswimdirector@gmail.com">armadaswimdirector@gmail.com</a>	

**LOCATION:** Albany Aquatic Center, 1311 Portland Ave., Albany, CA 94706

**DIRECTIONS:** From Highway 80, take Buchanan exit and head East. Make a left on San Pablo Ave. Make a right on Portland Ave. There is no parking lot at this site and parking in the surrounding neighborhood is very limited. Please be courteous to our neighbors and do not block driveways, park in red zones, or over designated parking markers. Parking tickets will be issued to violators. A limited number of spaces on the block nearest the pool entrance on Portland Avenue will be reserved for officials and coaches.

**COURSE:** Outdoor 25 yard pool with up to 8 lanes available for competition. An additional 2 lanes will be available in either the indoor or outdoor pool, each day of the meet 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:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under Athletes only will be held from 8:45-8:55 AM.

**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.
- Warm-up/cool-down lanes are for active swimming only, not for recreational activities.
- 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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in **4 events 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. No Refunds shall be given other than mandatory scratch downs.
- All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- The Albany Aquatic Center will be staffed with lifeguards on duty and has Emergency Action Plans (EAPs) in place to assist with any medical situation that may arise. The pool is fully equipped with a backboard and an AED, and all lifeguards are trained to dial 911 as part of the facility EAP.
- **All athletes entered in 500-yard freestyle shall provide their own timers and counters.**
- Events 31 and 66 (Girls Open 500 Freestyle and Boys Open 500 Freestyle respectively) shall be limited to six heats each, filled in the order entries are received. Athletes entering Events 31 and 66 must have achieved the 11-12 USA Swimming Motivational "B" time standard (7:16.89 girls, 6:59.89 boys).

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a High School Athlete in season, you need to be Unattached from this meet. It is the Athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to Athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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 their 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.
- Set-up allowed in designated areas only. Parties may be asked to relocate at the discretion of the Meet Marshal, in order to maintain compliance with facility site regulations and fire code. There will be coaches seating along the North side of the pool. Coaches seating is first come first served and not subject to "reserving space" in advance. Coaches are expected to share the space.
- Outside vendors, 3<sup>rd</sup> party vendors, and other vendors not affiliated with AAA will need a written approval from AAA prior to the meet. Unapproved vendors will not be allowed to operate in areas surrounding the pool.

**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.
- Athletes in the BB+ Division must have met at least USA Swimming Motivational BB minimum time standard. (For 8 & Under, athletes in the "A" division must have met at least the listed "A" time standard.) Athletes in the B Division must have met at least the listed B minimum time standard. All entry times slower than the listed B time standard will be in the C Division.
- Entries with **"NO TIME" will NOT be ACCEPTED.**
- 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.
- 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:** Meet entries will be accepted no earlier than 7:00 AM Monday **February 17, 2025**. Entries from Vallejo Aquatic Club (VJO) and members of assigned year-round Zone 2 clubs in good standing entered online by 11:59 PM Saturday **February 22, 2025** will be given first priority acceptance. Entries from members of all Zone 2 clubs (year-round and seasonal) entered online between 12:00 AM Sunday **February 23, 2025** and 11:59 PM Saturday **March 1, 2025** will be given second priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSCs, entered online by the entry deadline will be considered in the order they are received. For Open 500 Free, entries will be limited to the first 48 entrants per event.

**\*\* NOTE: Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Furthermore, entry fees will not be refunded and they may be referred to the Pacific Swimming Review Committee for disciplinary action.**

**ENTRY FEES:** \$4.50 per event plus a \$10.00 participation fee per Athlete, plus a \$15.00 facility surcharge fee per Athlete. 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. Online entries will be accepted through Wednesday **March 12, 2025** or until capacity is reached under the 4-hour rule, whichever comes first.

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not timely check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course. **NOTE:** Do not rely on Meet Mobile for event start time.

**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.

**AWARDS:** First through eighth places in each division (C, B, BB) will be awarded for the 9-10, 11-12, 13-14 age groups. First through eighth place in each division (PC-C, PC-B, PC-A) will be awarded for the 8 & Under age group. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 15 years of age and older. No awards will be given for Open events. Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

**ADMISSION:** Free. Programs will be available for coaches and officials only.

**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 timers and volunteers. All meet participants are encouraged to bring their own reusable water bottle. No plastic water bottles will be for sale at the snack bar.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Any items left outside the facility overnight will not be secure or guarded. Please do not leave anything overnight. Set up will be available starting at 6:30 AM on the first day of the meet, no earlier. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments the week prior to the meet.

**MINIMUM OFFICIALS:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

Number of athletes entered in meet per club per day	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

## EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13 & OV	8 & UN	9-10	11-12	13 & OV
100 IM*	100 IM*	200 IM	200 IM	50 BK	200 FR	100 FL	200 FR
25 BK	100 BK	50 BK	100 BK	50 FL*	50 FL*	200 BK	200 BK
25 FL	50 BK	200 FL	100 FL	25 BR	50 BR	100 BR	200 FL
25 FR	100 FR	100 FR	100 FR	50 FR*	50 FR*	100 BK	100 BR
						50 FR	50 FR
Girls Open 500 Free**				Boys Open 500 Free**			

## EVENTS

Girls	Saturday March 22, 2025	Boys
EVENT #	AGE GROUP EVENT	EVENT #
1	13 & OV 200 IM	2
3	11-12 200 IM	4
5	10 & UN 100 IM*	6
7	13 & OV 100 Back	8
9	11-12 50 Back	10
11	9-10 100 Back	12
13	8 & UN 25 Back	14
15	13 & OV 100 Fly	16
17	11-12 200 Fly	18
19	9-10 50 Back	20
21	8 & UN 25 Fly	22
23	13 & OV 100 Free	24
25	11-12 100 Free	26
27	9-10 100 Free	28
29	8 & UN 25 Free	30
31	Girls Open 500 Free**	

Girls	Sunday, March 23, 2025	Boys
EVENT #	AGE GROUP EVENT	EVENT #
33	13 & OV 200 Free	34
35	11-12 100 Fly	36
37	9-10 200 Free	38
39	8 & UN 50 Back	40
41	13 & OV 200 Back	42
43	11-12 200 Back	44
45	10 & UN 50 Fly*	46
47	13 & OV 200 Fly	48
49	11-12 100 Breast	50
51	9-10 50 Breast	52
53	8 & UN 25 Breast	54
55	13 & OV 100 Breast	56
57	11-12 100 Back	58
59	10 & UN 50 Free*	60
61	13 & OV 50 Free	62
63	11-12 50 Free	64
	Boys Open 500 Free**	66

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

\*These events will compete in the 10 and Under category but awarded as 9-10 and 8 and Under Events

\*\*All athletes entering the 500 Free events must provide their own timers and counters. Athletes entering these events must have met the 11-12 USA Swimming Motivational B Time Standard (7:16.89 girls, 6:59.89 boys)