

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

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-010**

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.

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 shall be posted in real time on the Internet on the Meet Mobile app.**

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:

Meet Referee: Carol Cottam	Head Starter: Eric Fetterman
Meet Marshal: Oleg Litvinov	Admin Official: David Cottam
Meet Director: Kirsten Whittlinger klwhittlinger@yahoo.com	

LOCATION: Concord Community Pool 3501 Cowell Road, Concord, CA

DIRECTIONS: Highway 680 North – take Treat Boulevard exit, exit right onto Treat, turn left on Cowell Road. Highway 680 South – take Treat Boulevard/Geary Road exit, turn left at end of ramp, left at light on to Treat, left on Cowell Road.

ZONE 2 ALL-STAR TEAM SELECTION

This is one of the selection meets for the Pacific Swimming Zone All-Star Meet (ZAM), to be held April 26, 2026 in Zone 1 South. The Zone 2 All-Star Team is comprised of up to eight (8) girls and eight (8) boys from each of four age groups (8&UN, 9–10, 11–12, 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:

- PLS C/B/BB Meet January 10-11, 2026
- LAC C/B/BB Meet January 10-11, 2026
- Zone 2 Winter Championship Meet January 31–February 1, 2026 (**MANDATORY**)
- TERA C/B/BB Meet February 21–22, 2026
- SRVA Last Chance Meet March 7–8, 2026

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 April 26, 2026**. 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 (January 31–February 1, 2026); and (2) submit the [Initial Application](#) no later than 6:00 PM Friday January 30, 2026 (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 January 31, 2026).

	ZAM Selection Events					
8 & under	25 Breast	25 Fly	25 Back	25 Free	50 Free	100 IM
9-10	50 Breast	50 Fly	50 Back	50 Free	100 Free	100 IM
11-12	100 Breast	100 Fly	100 Back	50 Free	100 Free	200 IM
13-14	100 Breast	100 Fly	100 Back	50 Free	200 Free	200 IM

COURSE: Outdoor 50 meter pool with up to 10 SCY lanes available for competition. An additional 6 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: Friday: The meet begins at 4:30 PM with warm-ups from 3:30-4:15 PM. **Saturday/Sunday:** meet begins at 9:00 AM each day with warm-ups from 7:30 AM to 8:45 AM each day. A special warm-up time for 8 and under Athletes only will be held from 8:45 to 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.
- 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 a **MAXIMUM OF 2 EVENTS** on Friday.
- Athletes may compete in a **MAXIMUM OF 4 EVENTS** per day on Saturday and Sunday.
- All Athletes aged 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, 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 on deck shall be certified and in good standing.**
- Medical Supervision available to participants on site includes EMT and AED certified lifeguards.
- **Events 1 and 2 (Girls 400 IM and Boys 400 IM), shall be limited to the first 40 girls and 40 boys. Event 3 (1000 Freestyle) will be Mixed and limited to the first 60 entries.**
- **Athletes entering Events 1 and 2 (Girls 400 IM and Boys 400 IM) must have achieved the 11-12 USA Swimming Motivational "B" time standard (6:31.69 girls, 6:17.09 boys).**
- **Athletes entering Events 3 (Mixed 1000 Free) must have achieved the 11-12 USA Swimming Motivational "B" time standard (15:02.69 girls, 14:43.49 boys).**
- **Athletes entering Events 43 and 82 the 500 Free must have achieved the 10 and Under USA Swimming Motivational B time standard (8:36.69 girls, 8:24.29 boys).**
- All athletes entered in the 400 IM, 1000-yard freestyle, or 500-yard freestyle shall provide their own timers and lap counters.

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.
- The facility will open for entrance and set-up at 3:15 Friday and 7:00 AM Saturday and Sunday. Canopies are not permitted on the pool deck.
- Entrance to the pool is from the North gate only, nearest the diving boards and starting end of the pool. DO NOT enter through the Tennis court side of the pool. These are for emergencies ONLY.
- NO canopy set up in restricted areas. All canopies must be securely attached and collapsed at the conclusion of the meet.
- **No cell phone, computer or tablet use is allowed in any bathroom or changing room** as per USA Swimming Safe Sport and City of Concord ordinances.

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, the 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 **January 19, 2026**. Entries from members of assigned year-round Zone 2 clubs in good standing entered online by 11:59 PM Saturday **January 24, 2026**, 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 **January 25, 2026**, and 11:59 PM Saturday **January 31, 2026**, 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.

**** 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 \$20 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.

MEFAP ENTRY FEES: \$10.00 participation fee. Registered Pacific Swimming Outreach Athletes are eligible for the Meet Entry Fee Assistance Program (MEFAP). For more information on Outreach Qualification:
<https://www.pacswim.org/userfiles/kcfinder/files/Outreach%20Qualifications%202025%20rev%2011.13.25.pdf>

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, **February 11, 2026** or until capacity is reached, whichever occurs first. Mailed or hand-delivered paper entries will NOT be accepted.

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. Friday, prior to 4:00 and Saturday, Sunday, 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 on Saturday and Sunday shall be at 10:30 AM. Athletes who do not 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 the 11& over 400IM, Open or Mixed events. Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Hospitality available for Coaches and working Officials. There will be a snack bar available through the competition.

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

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

Friday
11&Over 400 IM *
11&Over Mixed 1000 Free **

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13&UP	8 & UN	9-10	11-12	13&UP
25 FR	100 FR	100 IM	200 FR	25 FL	100 FL	100 FL	200 FL
50 FL*	50 FL*	50 FL	100 FL	100 FR	200 IM	200 IM	200 IM
50 BK *	50 BK*	100 BK	100 BK	50 BR*	50 BR*	100 BR	100 BR
100 IM*	100 IM *	100 FR	100 FR	25 BK	100 BK	200 BK	200 BK
25 BR	100 BR	200 BR	200 BR	50 FR*	50 FR*	50 FR	50 FR
	200 FR	200 FR					
OPEN 500 FR (GIRLS)***				OPEN 500 FR (BOYS)***			

ORDER OF EVENTS

Girls	FRIDAY February 20, 2026	Boys
EVENT#	EVENT	EVENT #
1	11&Over 400 IM *	2
3	11&Over Mixed 1000 Free **	3

Girls	SATURDAY February 20, 2026	Boys
EVENT #	EVENT	EVENT #
5	13 & OV 200 Free	6
7	11-12 100 IM	8
9	9-10 100 Free	10
11	8 & U 25 Free	12
13	13 & OV 100 Fly	14
15	11-12 50 Fly	16
17	10 & U 50 Fly*	18
19	13 & OV 100 Back	20
21	11-12 100 Back	22
23	10 & U 50 Back*	24
25	13 & OV 100 Free	26
27	11-12 100 Free	28
29	10 & U 100 IM*	30
31	13 & OV 200 Breast	32
33	11-12 200 Breast	34
35	9-10 100 Breast	36
37	8 & U 25 Breast	38
39	11-12 200 Free	40
41	9-10 200 Free	42
43	OPEN 500 Free (girls)***	

Girls	SUNDAY February 20, 2026	Boys
EVENT #	EVENT	EVENT #
45	13 & OV 200 Fly	46
47	11-12 100 Fly	48
49	9-10 100 Fly	50
51	8 & UN 25 Fly	52
53	13 & OV 200 IM	54
55	11-12 200 IM	56
57	9-10 200 IM	58
59	8 & U 100 Free	60
61	13 & OV 100 Breast	62
63	11-12 100 Breast	64
65	10 & U 50 Breast*	66
67	13 & OV 200 Back	68
69	11-12 200 Back	70
71	9-10 100 Back	72
73	8 & U 25 Back	74
75	13 & OV 50 Free	76
77	11-12 50 Free	78
79	10 & U 50 Free*	80
	OPEN 500 Free (boys)***	82

*Athletes entering the 400 IM must provide their own timers. Athletes entering these events must have met the 11-12 USA Swimming Motivational "B" time standard (6:31.69 girls, 6:17.09 boys)

**Athletes entering the 1000 Free must provide their own timers and lap counters. Athletes entering these events must have met the 11-12 USA Swimming Motivational "B" time standard (15:02.69 girls, 14:43.49 boys).

***All athletes entering the 500 Free must provide their own timers and lap counters. Athletes entering these events must have met the listed time standard (8:36.69 girls, 8:24.29 boys).

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