

PACIFIC SWIMMING
ZONE 2 SHORT COURSE WINTER CHAMPIONSHIP MEET
JANUARY 25-26, 2014



Enter this meet online at <http://ome.swimconnection.com/pc/z2champs20140125>

NOTE: This is the **SELECTION MEET** for the 2014 Zone All-Star Meet to be held March 1-2, 2014, at Burlingame High School. Every swimmer who wishes to apply to the Zone 2 All-Star Team must complete and submit the online application found on the Zone 2 website, <https://sites.google.com/site/pacswimzone2> **ALL-STAR APPLICATIONS MUST BE SUBMITTED BY 11:59 P.M. ON JANUARY 23, 2014. The application form is located at <https://zone2allstar2014.eventbrite.com>**

SANCTION: Held under USA/Pacific Swimming Sanction No. **14-005**

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 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 are prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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.

OFFICIALS:

| | |
|--|--------------------------------|
| Meet Referee: Leo Lin | Head Starter: Charlotte Rooney |
| Admin. Referee: Amy Gonzalez | Meet Marshal: Medhi Sagafi |
| Meet Directors: Carol Cottam / David Cottam, 510-925-6821 / zone2Champ@gmail.com | |

LOCATION: Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga, California. From Highway 24 westbound – take Central Lafayette exit, turn right on Deer Hill Rd., right on First St., right on Mount Diablo Blvd., left on Moraga Rd., and right on Campolindo Dr. From Highway 24 eastbound – take Orinda exit, right on Moraga Way, left on Glorietta Blvd., right on Rheem Blvd., left on Moraga Rd., left on Campolindo Dr. Pool is located behind high school. Parking lot is located on left. Do not park where “No Parking” or “Permit Parking Only” signs are posted. There is absolutely no parking anywhere on or along the fire road that leads from the parking lot to the swimming pool. You will be ticketed or towed. No parking is allowed in Carroll Ranch, where the streets are privately-owned.

COURSE: Outdoor 25-yard x 50 meter pool with up to 16 lanes for competition. A separate warm-up pool will be available. The minimum water depth as measured in accordance with article 103.2.3 is 10’ on the west end and 7’ on the east end of the competition pool. The competition course has been certified in accordance with article 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: Meet begins at **9:00 a.m.** each day. General warm-ups begin at **7:30 a.m. and end at 8:45 a.m.** Special extended warm-up from **8:45-8:55 a.m. for 8-UN swimmers only.**

RULES:

- Current USA Swimming and Pacific Swimming Rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of the Course.
- All events are timed finals.
- Swimmers may compete in a maximum of four (4) individual events per day PLUS relays.
- 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 issued in the event of a mandatory scratch-down.
- **UNATTACHED SWIMMERS MAY NOT SWIM ON RELAY TEAMS.** Unattached swimmers may score points for the purpose of the individual high point awards but their points will not count towards a team score.
- **All events will be seeded and swum fastest to slowest.**
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

UNACCOMPANIED SWIMMERS: Any USA-S 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-S club does not attend the meet to serve in that supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer 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-S club member-coach. Any swimmer entered in the meet, unaccompanied by a USA Swimming member-coach, must be certified by a USA Swimming member-coach as being proficient in performing a race start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer'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 or standing areas and in all areas used by swimmers during the meet and warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- Outside barbeque pits are not permitted.
- No glass containers allowed on deck.
- No propane heaters/tanks are allowed in any area of the meet venue, except for snack bar and meet operations.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ELIGIBILITY: • Meet is open only to qualified swimmers in Zone 2.

- **This meet is limited to those swimmers who have achieved the Zone 2 qualifying Time Standard by January 15, 2014. The Zone 2 qualifying Time Standard has been set by the Zone 2 Board of Directors as the 2013 PC "B" time standard.**
- Entry times submitted for this meet will be validated against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. "Coach verified" times will NOT be accepted.
- Disabled swimmers are welcome to enter this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times or seeding per the Pacific Swimming Policy.
- Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as shown on their registration card. All swimmer registration will be checked against the SWIMS database. If a swimmer is not found to be registered, the Meet Director shall accept the registration at the meet. A \$10 surcharge will be added to the regular registration fee. Duplicate registrations will be refunded by mail.
- Swimmers who enter as "pending" or "applied for" must be prepared to present their current card or register before being allowed to check in.
- Swimmers 19 years of age and older may participate in the 15-UP individual events but may not receive awards or score points. Swimmers 19 years of age and older are **not allowed** to participate in relays.
- Unattached swimmers must enter UN followed by the "CLUB ABBR".

ENTRY FEES: Individual entries - \$2.75 per event and \$8.00 Participation Fee per swimmer. Relay entries - \$9.00 per relay. Team check must accompany the relay entry form.

MAKE CHECKS PAYABLE TO: Zone 2 – Pacific Swimming

MAIL ENTRIES TO: David Cottam
4296 Pinewood Ct.
Concord, CA 94521

ENTRIES: Two options for entry:

1) ONLINE MEET ENTRIES

Enter at <http://ome.swimconnection.com/pc/z2champs20140125> to receive immediate confirmation of acceptance via email. Go to the same address to check for session "open" or "closed" status. Online entry requires payment by credit card using their secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection, LLC. Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Online entries must be confirmed by 11:59 p.m, Wednesday, January 15, 2014. No late entries will be accepted. PRINT OUT the online confirmation and BRING IT to the meet as proof of entry.

2) SURFACE MAIL/HAND-DELIVERED ENTRIES

Entries must be on a Zone 2 Championship Consolidated Entry Card. Entry cards must be completely filled out, including best short course time for each event. Entered times must be submitted in yards. "NO TIME" entries will NOT be accepted. Entries must be postmarked on or before Monday, January 13, 2014, or hand-delivered no later than 7:00 p.m. Wednesday, January 15, 2014 to David Cottam, 4296 Pinewood Ct., Concord, CA 94521. **No late entries will be accepted unless authorized by vote of the Zone 2 Board of Directors.** Except for mandatory scratches, no refunds will be made.

RELAY ENTRIES: All relay entries shall be submitted by Zone 2 teams using the attached Consolidated Relay Entry form and be accompanied by a team check for the amount due. Make the check payable to Zone 2 – Pacific Swimming. Mail or hand-deliver Consolidated Relay Entry forms to David Cottam, 4296 Pinewood Ct., Concord, CA 94521. Relay entries must be postmarked on or before January 13, 2014 or hand-delivered by 7:00 p.m. Wednesday, January 15, 2014. **NOTE:** In order to verify swimmer registration, all relay swimmers who are not entered in at least one individual event in this meet must be entered on the RELAY ONLY form.

At the coaches meeting, teams will receive pre-entered cards showing all the relays they have entered with all of the eligible swimmers that can compete on each relay. Coaches must come to the computer room only if they wish to scratch one or more relays. After the scratch deadline has passed and the relays have been seeded, coaches will be notified when they can pick up their relay cards. The order of swim must be declared before each relay begins.

Along with the Relay Entry Forms, teams must submit the names of a Team Contact and one person who will work a 4-hour shift as a marshal.

CHECK-IN: The meet will be deck seeded. Swimmers must check in at the Clerk of the Course. Close of check-in for all events shall be no more than 60 minutes before the estimated start time of the first heat of that event. No event shall be closed more than 30 minutes before the scheduled start of the session. A swimmer who does not check in will not be allowed to compete in the event.

SCRATCHES: Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

SCORING: The first sixteen (16) places in the individual age group events will be scored and awarded as listed below. The first sixteen places for each relay event will be scored but **not awarded**.

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 points. Only individual event scores are counted for high point awards.
Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 points. Relay and individual scores are used for team scoring.

AWARDS: The first 16 places will be awarded for 8&UN, 9-10, 11-12, 13-14, 15-16, 17-18 age groups. Individual high point awards for the top boy and girl in 8&UN, 9-10, 11-12, 13-14, 15-16, 17-18 age groups. All "B" swimmers achieving a "PC-A" time will be awarded a standard "A" medal, regardless of place achieved in the event. No relay awards. No awards for swimmers 19 and older. **NOTE:** Individual awards must be picked up at the meet. They will not be mailed out or distributed after the meet.

Team Awards – Teams will be equally divided into two groups based on the number of swimmers entered in the meet. Group I will consist of the teams with the larger number of entries. If there are an odd number of teams, the odd team will be placed in Group I. The top three teams in Group I and Group II will receive certificates.

ADMISSION: FREE. A two-day program will be available for sale at a reasonable price.

HOSPITALITY: Hospitality will be available for coaches and officials. Hospitality will be available for timers during their shifts only.

MINIMUM OFFICIALS RULE: One-half hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of officials, and shall compare the number of entries against the number of officials present representing each team. Those teams who have not provided sufficient officials will be fined \$100 per missing official. Each team shall, by the start of the meet, provide to the Meet Director or designee a list of officials who have agreed to represent that team during the meet in accordance with the following table:

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

EVENT SUMMARY

| 8 & UN | 9-10 | 11-12 | 13-14 | 15-18 |
|-----------------------------------|------------------|------------------|------------------|------------------|
| Saturday, January 25, 2014 | | | | |
| 50 FR | 100 FR | 100 FR | 200 FR | 100 FR |
| 25 BR | 50 BR | 100 BR | 100 BR | 100 BR |
| 100 IM | 100 IM | 200 IM | 200 IM | 200 IM |
| 25 FR | 50 FR | 50 FR | 50 FR | 50 FR |
| 100 Medley Relay | 200 Medley Relay | 200 Medley Relay | 200 Medley Relay | 200 Medley Relay |
| Sunday, January 26, 2014 | | | | |
| 25 BK | 50 BK | 100 BK | 100 BK | 100 BK |
| 25 FL | 50 FL | 100 FL | 100 FL | 100 FL |
| 100 FR | 200 FR | 200 FR | 100 FR | 200 FR |
| 100 Free Relay | 200 Free Relay | 200 Free Relay | 200 Free Relay | 200 Free Relay |

| Zone 2 Short Course Championship Saturday, January 25, 2014 | | | | | |
|--|-----------------|-----------|------------------|-----------------|-----------|
| Event # | | | | | Event # |
| GIRLS | Qualifying Time | Age Group | Event | Qualifying Time | BOYS |
| 1 | 1:10.39 | 17-18 | 100 Freestyle | 1:04.19 | 2 |
| | 1:10.39 | 15-16 | | 1:04.19 | |
| 3 | 2:32.29 | 13-14 | 200 Freestyle | 2:26.79 | 4 |
| 5 | 1:14.69 | 11-12 | 100 Freestyle | 1:13.89 | 6 |
| 7 | 1:25.69 | 9-10 | 100 Freestyle | 1:25.69 | 8 |
| 9 | 53.29 | 8-UN | 50 Freestyle | 53.29 | 10 |
| 11 | 1:31.99 | 17-18 | 100 Breaststroke | 1:25.29 | 12 |
| | 1:31.99 | 15-16 | | 1:25.29 | |
| 13 | 1:31.99 | 13-14 | 100 Breaststroke | 1:27.49 | 14 |
| 15 | 1:37.69 | 11-12 | 100 Breaststroke | 1:39.29 | 16 |
| 17 | 52.29 | 9-10 | 50 Breaststroke | 52.19 | 18 |
| 19 | 31.49 | 8-UN | 25 Breaststroke | 31.49 | 20 |
| 21 | 2:54.09 | 17-18 | 200 I.M. | 2:41.49 | 22 |
| | 2:54.09 | 15-16 | | 2:41.49 | |
| 23 | 2:54.09 | 13-14 | 200 I.M. | 2:46.99 | 24 |
| 25 | 3:06.19 | 11-12 | 200 I.M. | 3:08.89 | 26 |
| 27 | 1:39.79 | 9-10 | 100 I.M. | 1:39.79 | 28 |
| 29 | 2:12.29 | 8-UN | 100 I.M. | 2:12.29 | 30 |
| 31 | 32:39 | 17-18 | 50 Freestyle | 29.69 | 32 |
| | 32.39 | 15-16 | | 29.69 | |
| 33 | 32.39 | 13-14 | 50 Freestyle | 30.69 | 34 |
| 35 | 34.59 | 11-12 | 50 Freestyle | 33.89 | 36 |
| 37 | 39.09 | 9-10 | 50 Freestyle | 38.99 | 38 |
| 39 | 23.49 | 8-UN | 25 Freestyle | 23.49 | 40 |
| 41 | | 15-18 | 200 Medley Relay | | 42 |
| 43 | | 13-14 | 200 Medley Relay | | 44 |
| 45 | | 11-12 | 200 Medley Relay | | 46 |
| 47 | | 9-10 | 200 Medley Relay | | 48 |
| 49 | | 8-UN | 100 Medley Relay | | 50 |

Zone 2 Championship Minimum Time Standard = 2013 PC B time standard

15-18 individual events will be swum together but scored separately as 15-16 and 17-18.

Relay swimmers must be entered in their correct relay age group (8UN, 9-10, 11-12, 13-14, 15-16, 17-18)

| Event # | Zone 2 Short Course Championship Sunday, January 26, 2014 | | | | Event # |
|---------|--|-----------|----------------|-----------------|---------|
| GIRLS | Qualifying Time | Age Group | Event | Qualifying Time | BOYS |
| 51 | 1:20.09 | 17-18 | 100 Backstroke | 1:16.89 | 52 |
| | 1:20.09 | 15-16 | | 1:16.89 | |
| 53 | 1:20.19 | 13-14 | 100 Backstroke | 1:17.49 | 54 |
| 55 | 1:26.29 | 11-12 | 100 Backstroke | 1:27.79 | 56 |
| 57 | 45.49 | 9-10 | 50 Backstroke | 46.69 | 58 |
| 59 | 28.49 | 8-UN | 25 Backstroke | 28.49 | 60 |
| 61 | 1:19.49 | 17-18 | 100 Butterfly | 1:12.49 | 62 |
| | 1:19.49 | 15-16 | | 1:12.49 | |
| 63 | 1:19.49 | 13-14 | 100 Butterfly | 1:16.09 | 64 |
| 65 | 1:26.59 | 11-12 | 100 Butterfly | 1:28.69 | 66 |
| 67 | 44.29 | 9-10 | 50 Butterfly | 44.29 | 68 |
| 69 | 27.39 | 8-UN | 25 Butterfly | 27.39 | 70 |
| 71 | 2:32.29 | 17-18 | 200 Freestyle | 2:21.19 | 72 |
| | 2:32.29 | 15-16 | | 2:21.19 | |
| 73 | 1:10.39 | 13-14 | 100 Freestyle | 1:06.99 | 74 |
| 75 | 2:46.29 | 11-12 | 200 Freestyle | 2:46.49 | 76 |
| 77 | 3:11.09 | 9-10 | 200 Freestyle | 3:11.09 | 78 |
| 79 | 2:00.99 | 8-UN | 100 Freestyle | 2:00.99 | 80 |
| 81 | | 15-18 | 200 Free Relay | | 82 |
| 83 | | 13-14 | 200 Free Relay | | 84 |
| 85 | | 11-12 | 200 Free Relay | | 86 |
| 87 | | 9-10 | 200 Free Relay | | 88 |
| 89 | | 8-UN | 100 Free Relay | | 90 |

Zone 2 Championship Minimum Time Standard = 2013 PC B time standard

15-18 individual events will be swum together but scored separately as 15-16 and 17-18.

Relay swimmers must be entered in their correct relay age group (8UN, 9-10, 11-12, 13-14, 15-16, 17-18)

Zone 2 Championship – 2014 RELAY ENTRY SUMMARY. Enter time of each relay team, use additional page if more than six teams each event
 Coaches please note → All relay only swimmers must be entered on the RELAY ONLY entry sheet so their registration can be checked.

| Event No. | Gender /Age | Event | A | B | C | D | E | F | Total No. Relays |
|----------------------------|-------------|------------------|---|---|---|---|---|---|------------------|
| 41 | 15-18 Girls | 200 Medley Relay | | | | | | | |
| 42 | 15-18 Boys | 200 Medley Relay | | | | | | | |
| 43 | 13-14 Girls | 200 Medley Relay | | | | | | | |
| 44 | 13-14 Boys | 200 Medley Relay | | | | | | | |
| 45 | 11-12 Girls | 200 Medley Relay | | | | | | | |
| 46 | 11-12 Boys | 200 Medley Relay | | | | | | | |
| 47 | 9-10 Girls | 200 Medley Relay | | | | | | | |
| 48 | 9-10 Boys | 200 Medley Relay | | | | | | | |
| 49 | 8-UN Girls | 100 Medley Relay | | | | | | | |
| 50 | 8-UN Boys | 100 Medley Relay | | | | | | | |
| 81 | 15-18 Girls | 200 Free Relay | | | | | | | |
| 82 | 15-18 Boys | 200 Free Relay | | | | | | | |
| 83 | 13-14 Girls | 200 Free Relay | | | | | | | |
| 84 | 13-14 Boys | 200 Free Relay | | | | | | | |
| 85 | 11-12 Girls | 200 Free Relay | | | | | | | |
| 86 | 11-12 Boys | 200 Free Relay | | | | | | | |
| 87 | 9-10 Girls | 200 Free Relay | | | | | | | |
| 88 | 9-10 Boys | 200 Free Relay | | | | | | | |
| 89 | 8-UN Girls | 100 Free Relay | | | | | | | |
| 90 | 8-UN Boys | 100 Free Relay | | | | | | | |
| TOTAL TEAM RELAY ENTRIES → | | | | | | | | | |

| | | | |
|---|----------------------------------|------------|------|
| Zone 2 Short Course Championship Meet January 25-26, 2014 Consolidated Entry Card | | | |
| Name | | | |
| Last | | First | M.I. |
| Club Abbr. | If unat team abbr | Club Name | |
| Age | Date of Birth | Sex | |
| USA Swimming Registration # | | | |
| Event # | Distance / Stroke (SCY / LCM) | Entry Time | |
| () | | : . | |
| () | | : . | |
| () | | : . | |
| () | | : . | |
| () | | : . | |
| () | | : . | |
| () | | : . | |
| () | | : . | |
| () | | : . | |
| # of Entries _____ x \$2.75 = _____ | | | |
| Participation Fee = \$8.00 | | | |
| Total = _____ | | | |
| Coach: | | | |
| Swimmer's address: | | | |
| Phone: | | | |
| e-mail address: | | | |

| | | | |
|---|----------------------------------|------------|------|
| Zone 2 Short Course Championship Meet January 25-26, 2014 Consolidated Entry Card | | | |
| Name | | | |
| Last | | First | M.I. |
| Club Abbr. | If unat team abbr | Club Name | |
| Age | Date of Birth | Sex | |
| USA Swimming Registration # | | | |
| Event # | Distance / Stroke (SCY / LCM) | Entry Time | |
| () | | : . | |
| () | | : . | |
| () | | : . | |
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| () | | : . | |
| () | | : . | |
| () | | : . | |
| # of Entries _____ x \$2.75 = _____ | | | |
| Participation Fee = \$8.00 | | | |
| Total = _____ | | | |
| Coach: | | | |
| Swimmer's address: | | | |
| Phone: | | | |
| e-mail address: | | | |