

Calling all artists

You can design the T-Shirt Logo for this meet! – see details on page 5

SANCTION: Held under the sanction of USA/Pacific Swimming Sanction No. **23-085**

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 being 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.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 LOSS, 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, webcasting, television, psych sheets, and live meet results. **The results of this meet may be posted in real time on the internet on Meet Mobile: Swim 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, rest rooms, 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: Mark Ryan	Head Starter: Markus Daene
Meet Marshal: Lisa Kaplan	Admin. Referee: Angela Cardenas
Meet Director: Christopher Lam (zone2meetdirector@outlook.com)	

LOCATION: Soda Aquatic Center at Campolindo High School. [300 Moraga Rd, Moraga, CA 94556](https://www.google.com/maps/place/300+Moraga+Rd,+Moraga,+CA+94556).

DIRECTIONS: From **CA-24 E**, take exit 9 (Orinda/Moraga). Turn right onto Camino Pablo and continue onto Moraga Way for 1.3 mi. Turn left onto Glorietta Blvd. In 0.6 mi., keep right onto Rheem Blvd and continue for 2.3 mi. Turn left onto Moraga Rd. In 0.6 mi, turn left onto Campolindo Dr and the parking lot will be on the left (1000 ft).

From **CA-24 W**, take exit 13 (Central Lafayette/Moraga). Turn right onto Deer Hill Rd and then turn right onto First St/Sierra Vista Way. In 0.2 mi, turn right onto Mt Diablo Blvd and then turn left onto Moraga Rd and continue for 2.3 mi. Turn right onto Campolindo Dr and the parking lot will be on the left (1000 ft).

PARKING: In the Campolindo Parking Lot, vehicles must park in designated parking stalls. On-street parking available on the south side of Campolindo Dr and east side of Moraga Rd. Overflow parking lot at Campolindo Performing Arts Center. **No parking at the Carroll**

Ranch residential neighborhood (private streets). Please be respectful if parking in Campolindo or Woodford residential neighborhoods. Do not block driveways, crosswalks, or accessibility ramps. Follow all posted parking signs and regulations. Offending vehicles may be ticketed or towed.

COURSE: Outdoor 25-yd pool with up to eighteen (18) lanes available for competition. An additional eight (8) SCY lanes will be available for warm-up/warm-down throughout the competition. The minimum water depth for the shallow-end course, measured in accordance with Article 103.2.3 is 7 ft at the start end and 7 ft at the turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: Preliminaries will begin 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 & Under athletes will be held from 8:45 AM to 8:55 AM. Finals will begin at 3:00 PM each day with warm-ups from 2:00 PM to 2:45 PM.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures will be available at the Clerk of Course.
- The local facility 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 individual events are preliminary heats and finals.
- All relay events are timed finals.
- All preliminary heats will swim FAST to SLOW, with the fastest heats circle seeded per Rule 102.5.1 and the fastest seed time in Heat 1.
- All final heats will swim SLOW to FAST (Consolation B-Final, Championship A-Final, in that order).
- All relay heats will swim SLOW to FAST *in the finals session*.
- Athletes may compete in up to **three (3) individual events plus one (1) relay** per day.
- 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 made for any mandatory scratches.
- Scratch downs may be required if the estimated timeline for preliminaries exceeds three hours.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- **Medical Supervision:** Soda Aquatic Center is staffed by certified lifeguards. Lifeguards are certified in first aid, CPR with AED, and aquatic lifesaving. The nearest emergency rooms are Kaiser Walnut Creek (1425 S Main St, Walnut Creek, CA 94596, 4.1 mi) and John Muir Med Ctr (1601 Ygnacio Valley Rd, Walnut Creek, CA 94598, 5.7 mi).

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 heaters are permitted, except for snack bar and meet operations.
- 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 meet venue 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. 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.

- No dogs or other pets, except ADA service animals, are permitted on the Campolindo High School campus (including the Soda Aquatic Center).

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.

- Only athletes registered to a **Zone 2 club**, or competing unattached but practicing with a Zone 2 club, are permitted to enter this championships.

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

- **Disqualifier by Event:** An athlete who has achieved the 2023 Summer Far Western time standard (SCY) or faster in an event prior to the entry deadline (July 5, 2023) may *not* compete in that event, nor that distance & stroke in a relay leg.
- Entries with **“NO TIME” will be REJECTED.**
- 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.
- Athletes 19 years of age or older may compete in the meet as exhibition only (not eligible for finals). Such athletes must meet the eligibility criteria for the 15 & over age group.
- Clubs are permitted to enter and compete with unlimited relays, but only the fastest two (2) relay teams will score points.
- There will be **no** “relay-only” athletes.

ENTRY FEES: \$6.00 per individual event entry plus an \$8.00 participation fee per Athlete. \$16.00 per relay event entry. Entries will be rejected if payment is not sent at the time of request. No refunds will be made, except for mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/Z220230715> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per Athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mailed or hand-delivered entry. 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 July 5, 2023 at 11:59 PM.

MAILED OR HAND-DELIVERED ENTRIES: Entries must be on the attached Consolidated Entry Form. Forms must be filled out completely and printed clearly with the athlete’s best time. Entries must be **postmarked on or before Monday July 3, 2023, or hand-delivered before Wednesday July 5, 2023 at 4:30 PM.** *Late entries will not be accepted.* Request for confirmation of receipt of entries should include a self-addressed envelope.

Check payable to:
Pacific Swimming Zone 2

Mail/Hand-Deliver Entries to:
Linda Yee
c/o Sorenson Vision
3010 Colby Street, Suite 114
Berkeley California 94705-2059

Hand-delivered entries accepted Monday–Friday, 8:30 AM–4:30 PM, except for lunch (12:00–1:00 PM) and holidays. *For alternative hand-delivery times, please contact the Meet Director.*

RELAY ENTRIES: Only *coaches* should enter club relays. Individual athletes should not enter relay events. Relays may be entered online (see “Online Entries”) by the online entry deadline or submitted in-person at the meet by 11:00 AM each day.

CHECK-IN (PRELIMINARIES): The preliminary heats will be **deck-seeded**. Athletes must check in at the Clerk of Course. No event shall close more than 30 minutes before the scheduled start of any preliminaries 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 check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to withdraw from an event after the event is seeded shall inform the Referee on the starting end of the competition course.

Any athlete who fails to compete in an individual preliminary heat in which that athlete has not been properly scratched will **not be penalized**.

SCRATCHING FROM FINALS: Scratches from finals shall be submitted to the Administrative Referee on-deck at the Scratch Desk. An athlete qualifying for FINALS (B-final or A-Final) may, within thirty (30) minutes after announcement of the qualifiers for that event, either ① declare their intention not to compete or ② notify the Administrative Referee that they may not intend to compete and further declare their final intention within thirty (30) minutes following their last individual preliminary event.

Any athlete qualifying for a FINAL (B- or A-Final) in an individual event who fails to compete in said final shall be barred from all further individual competition for that day, excluding relays. If that athlete has no remaining individual competition for that day, then the athlete shall be barred from their next individual preliminary event.

SCORING:

For **individual** events,

Place	1	2	3	4	5	6	7	8	9	10
Championship (A)	24	21	20	19	18	17	16	15	14	13
Consolation (B)	11	9	8	7	6	5	4	3	2	1

For **relay** events,

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Pts	48	42	40	38	36	34	32	30	28	26	22	18	16	14	12	10	8	6	4	2

Only the fastest two (2) relay teams from each club will score points.

AWARDS: For individual and relay events, medals for 1st–3rd places and ribbons for 4th–10th places. For individuals, trophy for individual high-point winner for each age group (8&U, 9–10, 11–12, 13–14, and 15&O) and gender. For clubs, pennant for 1st–3rd places (combined scores) in large- and small-club divisions.

All athletes achieving an “A” time for the first time will be awarded a standard A-medal, regardless of place achieved.

ADMISSION: Free. No programs will be sold at this meet.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working officials will be provided breakfast, lunch, and refreshments.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be available or accessible before or after meet hours.

MINIMUM OFFICIALS (PRELIMINARIES): The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered in that session against the number of Officials that worked representing that club per session of the meet. Those

clubs that have not provided sufficient Officials for that session of the meet, in accordance with the table below, shall be fined \$100 per missing Official per session.

Number of athletes entered in session	Minimum number of trained & carded officials
1–10	0
11–25	1
26–50	2
51–75	3
76–100	4
Every 20 athletes over 100	+1

VENDORS:

- **GIC Graphic Wear** for customized event apparel.
- **Conejo Swimworks** for competitive swimwear and swim accessories.
- **Jolyn** for women’s swimwear (Sunday only).

T-SHIRT LOGO DESIGN CONTEST: Any Zone 2 Athletes are invited to submit a design for the 2023 Zone 2 Championships t-shirt logo!

MANDATORY COMPONENTS:

- Include “Zone 2” or “Z2”
- Include “Summer Championships” or “Summer Champs”
- Include “2023” or “’23”
- Use **no more than 4 colors** (3 preferred).

OPTIONAL COMPONENTS:

- “Pacific Swimming”
- “Moraga, California” or “Moraga CA”

Submit your design **by Monday July 3, 2023 at 11:59 PM** to <zone2meetdirector@outlook.com>.

EVENT SUMMARY:

Saturday July 15, 2023					Sunday July 16, 2023				
8&U	9–10	11–12	13–14	15&O	8&U	9–10	11–12	13–14	15&O
100 IM	100 IM	200 IM	200 IM	200 IM	50 FR	100 FR	100 FR	100 FR	100 FR
25 BR	50 BR	50 BR	100 BR	100 BR	25 FL	50 FL	50 FL	100 FL	100 FL
25 FR	50 FR	50 FR	50 FR	50 FR	25 BK	50 BK	50 BK	100 BK	100 BK
50 BR					50 FL				
					50 BK				

SCHEDULE OF EVENTS:

Saturday
July 15, 2023

De-qual Time	Girls	Age Group	Event	Boys	De-qual Time
2:15.69	1	15 & over	200 IM	2	2:05.29
2:15.89	3	13-14	200 IM	4	2:08.89
2:24.09	5	11-12	200 IM	6	2:24.09
1:15.59	7	9-10	100 IM	8	1:16.89
---	9	8 & under	100 IM	10	---
1:10.99	11	15 & over	100 Breast	12	1:05.59
1:11.39	13	13-14	100 Breast	14	1:06.29
34.99	15	11-12	50 Breast	16	34.99
39.19	17	10 & under	50 Breast	18	39.09
---	19	8 & under	25 Breast	20	---
25.59	21	15 & over	50 Free	22	23.59
25.69	23	13-14	50 Free	24	23.89
26.79	25	11-12	50 Free	26	26.69
29.89	27	9-10	50 Free	28	29.59
---	29	8 & under	25 Free	30	---
---	100*	8 & under	100 Med Rel	100*	---
---	101	10 & under	200 Med Rel	102	---
---	103	11-12	200 Med Rel	104	---
---	105	13-14	200 Med Rel	106	---
---	107	15 & over	200 Med Rel	108	---

Sunday
July 16, 2023

De-qual Time	Girls	Age Group	Event	Boys	De-qual Time
55.59	31	15 & over	100 Free	32	50.89
55.79	33	13-14	100 Free	34	51.99
58.19	35	11-12	100 Free	36	57.29
1:06.19	37	9-10	100 Free	38	1:05.69
---	39	8 & under	50 Free	40	---
1:01.29	41	15 & over	100 Fly	42	56.69
1:01.79	43	13-14	100 Fly	44	58.49
29.49	45	11-12	50 Fly	46	29.49
33.09	47	10 & under	50 Fly	48	33.69
---	49	8 & under	25 Fly	50	---
1:01.29	51	15 & over	100 Back	52	56.09
1:02.49	53	13-14	100 Back	54	59.09
31.09	55	11-12	50 Back	56	30.99
35.49	57	10 & under	50 Back	58	35.09
---	59	8 & under	25 Back	60	---
---	200*	8 & under	100 Free Rel	200*	---
---	201	10 & under	200 Free Rel	202	---
---	203	11-12	200 Free Rel	204	---
---	205	13-14	200 Free Rel	206	---
---	207	15 & over	200 Free Rel	208	---

Relay events will swim in the finals session

* 8 & Under relays will swim and score as a *combined* format. 8 & U relays may be composed of either single-, mixed-, or combined-gender (competition category).

