

PEGGY RAMIREZ MEMORIAL ZONE 3 WINTER CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE MEET
JANUARY 21-22, 2023
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **23-007**

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, 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 at thundercoastaquatics.com**

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 his/her designee.

MEET PERSONNEL: **Meet Referee:** Don Bautista **Head Starter:** Phil Grant
 Meet Marshal: Margaret De Pozzo **Admin Official:** Debbie Tucker
 Meet Director: Sarah Paoli coachsarah.paoli@gmail.com

LOCATION: College of Marin Indian Valley Campus Miwok Aquatic Center 1800 Ignacio Blvd, Novato, CA 94949

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An additional 12 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 7'6" at the start end and 7'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

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 8:20 to 8:45 AM in the six-lane lap pool.**

- 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 events are timed finals.
 - All events will swim fast to slow.

- Athletes may compete in 3 events per day excluding relays
- 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. Immediate cash refunds will be made for any mandatory scratches.
- **Events may be combined in the discretion of the Meet Referee**
- All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- **Lifeguards will be on duty throughout the entirety of the meet, fully equipped first aid office with AED on site**

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 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.
- **No blocking pedestrian walkways or emergency vehicle roadways with team set up or doorways and pathways.**
- **Parking permits are required on Saturday. Lot #5 is free on Saturday and all lots are free on Sunday.**

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 11 and up must satisfy the qualifying times, if any, for each event shown in the table of events.
- **10-UN athletes must have an official meet time in the events in which they register. NT entries 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.
- 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 FEES: \$4.50 per event plus an \$8.00 SCY participation 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. Relays, \$9.00 per relay to be paid at Clerk of Course with a check payable to Thunder Coast Aquatics.

ONLINE ENTRIES: To enter online go to www.fastswims.com to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing 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 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 mail 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, January 11, 2023

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries must be postmarked by midnight, Monday, January 9, 2023 or hand delivered by 6:30 p.m. Wednesday, **January 11, 2023**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

RELAY ENTRIES: Relay entries are to be e-mailed to coachsarah.paoli@gmail.com before the meet or delivered to the Clerk of Course no later than 7:15am each day with a check payable to Thunder Coast Aquatics.

Make check payable to: Thunder Coast Aquatics.

Mail entries to: Tom Evers, PO Box 435, Novato, California 94948

Hand Delivered entries to: Tom Evers, 4 Harris Hill Drive, Novato, California 94947

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 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 in the event.

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: Awards will be given to the coach or club representative at the end of the meet. Ribbons 1st through 8th. Relays - Ribbons 1st through 3rd. Club trophies to 1st, 2nd, and 3rd place teams.

SCORING: Individual Events – 10-lane pools: 11-9-8-7-6-5-4-3-2-1/ Relays – 22-18-16-14-12-10-8-6-4-2

ADMISSION: Free.

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.

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

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 required
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. Clubs may use officials "borrowed" from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

EVENT SUMMARY

SATURDAY					SUNDAY				
8 & UN	9-10	11-12	13-14	15 & Over	8 & UN	9-10	11-12	13 -14	15 & Over
100 Med-R	200 Med-R	200 Med-R	200 Med-R	200 Med-R	100 FR-R	200 FR-R	200 FR-R	200 FR-R	200 FR-R
100 FR	50 BK	200 FR	200 FR	200 FR	100 IM	100 IM	100 IM	200 IM	200 IM
25 BK	100 BR	50 BK	50 BK	50 BK	50 FL	100 FL	100 FL	100 FL	100 FL
50 BR	100 FR	100 BR	100 BR	100 BR	25 BR	50 BR	50 BR	50 BR	50 BR
50 FR	50 FL	100 FR	100 FR	100 FR	50 BK	100 BK	100 BK	100 BK	100 BK
25 FL		50 FL	50 FL	50 FL	25 FR	50 FR	50 FR	50 FR	50 FR

NOTE: 13-OV events will swim together, but will be swum and scored as 13-14, 15-Over.

EVENTS

Saturday, January 21, 2023		
EVENT #	EVENT And Time Standard	EVENT #
101	15 Over 200 Medley Relay	102
103	13-14 200 Medley Relay	104
105	11-12 200 Medley Relay	106
107	9-10 200 Medley Relay	108
109	8 & Under 100 Medley Relay	110
111	13-Over 200 Freestyle Girls 2:25.09, Boys 2:17.39	112
113	11-12 200 Freestyle Girls 2:33.89, Boys 2:33.19	114
115	8 & Under 100 Freestyle	116
117	13 & Over 50 Backstroke Coach's Time Accepted	118
119	11-12 50 Backstroke Girls 36.89, Boys 37.79	120
121	9-10 50 Backstroke	122
123	8 & Under 25 Backstroke	124
125	13 & Over 100 Breaststroke Girls 1:23.59, Boys 1:18.39	126
127	11-12 100 Breaststroke Girls 1:31.19, Boys 1:31.09	128
129	9-10 100 Breaststroke	130
131	8 & Under 50 Breaststroke	132
133	13 & Over 100 Freestyle Girls 1:06.99, Boys 1:03.19	134
135	11-12 100 Freestyle Girls 1:08.99, Boys 1:08.39	136
137	9-10 100 Freestyle	138
139	8 & Under 50 Freestyle	140
141	13 & Over 50 Butterfly Coach's Time Accepted	142
143	11-12 50 Butterfly Girls 35.39, Boys 36.59	144
145	9-10 50 Butterfly	146
147	8 & Under 25 Butterfly	148

Sunday, January 22, 2023		
EVENT #	EVENT And Time Standard	EVENT #
201	15 & Over 200 Free Relay	202
203	13-14 200 Free Relay	204
205	11-12 200 Free Relay	206
207	9-10 200 Free Relay	208
209	8 & Under 100 Free Relay	210
211	13 & Over 200 IM Girls 2:42.59, Boys 2:34.29	212
213	11-12 100 IM Girls 1:20.89, Boys 1:21.09	214
215	9-10 100 IM	216
217	8 & Under 100 IM	218
219	13 & Over 100 Butterfly Girls 1:12.89, Boys 1:08.69	220
221	11-12 100 Butterfly Girls 1:21.69, Boys 1:21.89	222
223	9-10 100 Butterfly	224
225	8 & Under 50 Butterfly	226
227	13 & Over 50 Breaststroke Coach's Time Accepted	228
229	11-12 50 Breaststroke Girls 41.69, Boys 42.59	230
231	9-10 50 Breaststroke	232
233	8 & Under 25 Breaststroke	234
235	13 & Over 100 Backstroke Girls 1:13.49, Boys 1:08.59	236
237	11-12 100 Backstroke Girls 1:20.99, Boys 1:21.19	238
239	9-10 100 Backstroke	240
241	8 & Under 50 Backstroke	242
243	13 & Over 50 Freestyle Girls 30.19 Boys 27.79	244
245	11-12 50 Freestyle Girls 32.49, Boys 32.29	246
247	9-10 50 Freestyle	248
249	8 & Under 25 Freestyle	250

Pacific Swimming – Hosted by TCA
 Zone 3 Championships
 January 21-22, 2023
 Consolidated Entry Form

Name: Last First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

of entries _____ x \$4.50 = \$ _____
 Participation Fee \$ 8.00
 Total \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
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Email