

**ZONE 3 PEGGY RAMIREZ MEMORIAL WINTER CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE MEET
JANUARY 14-16, 2022
Enter Online: <http://www.fastswims.com>**



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-005**

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.

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 on Meet Mobile.**

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: Andy Downs	Head Starter: Phil Grant
Meet Marshal: Margaret DeSomma	Admin Official: Barbarie Gonzalez
Meet Director: Ashley Denize srnashleybritton@gmail.com	

LOCATION: Miwok Aquatic Center (Indian Valley Campus, College of Marin), 1800 Ignacio Blvd, Novato, CA 94945

DIRECTIONS: From 101 North or South, exit Ignacio Blvd. Stay on Ignacio Blvd to College of Marin entrance. Follow signs for pool parking – Pool is Southeast of the old IVC pool.

COURSE: OUTDOOR 25 YARD pool with up to 17 lanes available for competition. An additional 6 lanes will be available for warmup/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** Saturday and Sunday with warm-ups from **7:30 to 8:45 AM** each day. Designated lanes for 8 UN warm ups will be available from 8:30 – 8:45AM on Saturday and Sunday. Friday session will begin at 5:00 PM with warm-up from 4:00-4:45 PM.

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.
- All applicable 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 the MAAPP policy 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 **MAXIMUM 3** events per day on Saturday/Sunday and one (1) event on Friday.
- Entries will be accepted until the number of splashes exceeds the reasonable estimated timeline in the discretion of the Meet Director and Meet Referee.
- 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.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- The local facilities’ guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet. All applicable Marin County, City of Novato, Marin Community College District, and State of California Public Health requirements for protection against COVID-19 will apply. The Meet director and Meet Referee may remove any individual who does not comply.

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.

ELIGIBILITY:

- Athletes must be **2022** 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, 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.
- Athletes must be registered with or training with a Zone 3 Club.
- Entries with **"NO TIME"** will be **REJECTED for all events except events 25, 26, 49, 50, 57, 58 95, 96, 103 and 104.**

Time standards for this meet are listed in the events table.

- 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.
- Athletes aged 18 or over must have completed the Athlete Protection Training prior to the meet.
- 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. Relay entries - \$9.00 per relay team; check must accompany the relay entry.

ONLINE ENTRIES: FASTSWIMS: 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 5th**.

HyTek ENTRIES – HyTek meet file must be emailed to srnashleybritton@gmail.com by 6:30PM on Wednesday, January 5th.

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 in a sanctioned meet. Entries must be postmarked by midnight, Monday, **January 3, 2021** or hand delivered by 6:30 p.m. Wednesday, **January 5, 2021**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Pacific Swimming Zone 3

Mail entries to: Ashley Denize
PO Box 317
Santa Rosa, CA 95402

Hand deliver entries to: Ashley Denize
455 Ridgway Ave
Santa Rosa, CA 95401

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. Close of check-in for remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. 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

RELAYS: Relays will be swum at the beginning and end of Saturday and Sunday. Relay event numbers 7, 8, 9, 10, 11, 12, 13, 14, 65, 66, 67, 68, 69, 70, 72 and 72 will be swum single gender and be swum at the start of Saturday and Sunday. All individual gender relays will be scored.

Event numbers 61, 62, 63, 64, 107, 108, 109, and 110 will be swim mixed gender and be swum at the end of Saturday and Sunday. Results for mixed relay events will be exhibition. Relay cards must be submitted by the following deadlines:

Saturday morning (Events 7 to 14)	5:00 p.m. Friday, January 14.
Saturday afternoon (Events 61 to 64)	10:00 a.m. Saturday, January 15.
Sunday morning (Events 65 to 72)	2:00 p.m. Saturday, January 15
Sunday afternoon (Events 107-110)	10:00 a.m. Sunday, January 16

AWARDS: Awards will be given to the coach or club representative at the end of the meet. Individual events – Ribbons will be awarded for 1st through 8th place. 9th and 10th place will score points, but will not receive awards. Events # 1 and 2 will be swum 9-12 and be awarded 9-10 and 11-12. Relays - Ribbons will be awarded for 1st through 3rd place. Up to \$250.00 dollars will be given to the 1st place team to be used for a club function/party. (The money will be paid once receipts are provided) Club trophies to 1st, 2nd and 3rd place teams Female and Male athlete(s) in each age group with the highest accumulated points will be awarded.

Scoring - 11 – 9 – 8 – 7 – 6 – 5 – 4 – 3 – 2 - 1; RELAYS: 22 – 18 – 16 – 14 – 12 – 10 – 8 – 6 – 4 - 2

ADMISSION: Free. Program will be available for purchase on FastSwims.

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. The College charges for parking (except in Upper Parking Lot 5) on Friday and Saturday.

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 requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

*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. Trainee officials who are T1 certified should contact the Meet Referee at z3sanctions@pacswim.org to discuss if they can work on deck.

EVENT SUMMARY

FRIDAY			SATURDAY				SUNDAY			
9-10	11-12	11 & O	8 & UN	9-10	11-12	13 & O	8 & UN	9-10	11-12	13 & O
200 IM	200 IM	400 IM	100 MED-R	200 MED-R	200 MED-R	200 MED-R	100 FR-R	200 FR-R	200 FR-R	200 FR-R
		500 FR	25 BK	50 BK	200 FR	200 FR	50 FL	100 FL	100 FL	200 IM
			50 BR	100 BR	50 BK	100 BR	50 BK	10 OBK	100 Bk	100 FL
			50 FR	100 FR	100 BR	50 BK	25 BR	50 BR	50 BR	100 BK
			25 FL	50 FL	100 FR	100 FR	25 FR	50 FR	50 FR	50 BR
			100 IM	100 IM	50 FL	50 FL				50 FR
					100 IM	100 IM				
			100 MED-R (MIXED)	200 MED-R (MIXED)	200 MED-R (MIXED)	200 MED-R (MIXED)	100 FR-R (MIXED)	200 FR-R (MIXED)	200 FR-R (MIXED)	200 FR-R (MIXED)

ORDER OF EVENTS

Friday, January 14, 2021		
Women EVENT #	EVENT TIME STANDARD	Men EVENT #
1	9-12 200 IM 9-10 Girls: 3:38.49, 9-10 Boys: 3:35.49 11-12 Girls: 3:00.19, 11-12 Boys: 2:57.29	2
3	11 & O 400 IM Girls: 6:24.19, Boys: 6:13.09	4
5	11 & O 500 Free Girls: 7:08.79, Boys: 6:57.29	6

Saturday, January 15, 2021		
Women EVENT #	EVENT TIME STANDARD	Men EVENT #
7	13 & Over 200 Medley Relay	8
9	11-12 200 Medley Relay	10
11	9-10 200 Medley Relay	12
13	8 & UN 100 Medley Relay	14
15	13 & OVER 200 Freestyle Girls 2:32.09, Boys 2:22.99	16
17	11-12 200 Freestyle Girls: 2:40.39, Boys: 2:34.59	18
19	9-10 50 Backstroke Girls 46.99, Boys 47.49	20
21	8 & Under 25 Backstroke Girls: 30.99, Boys: 34.99	22
23	11-12 50 Backstroke Girls: 38.09, Boys:37.89	24
25	13 & OVER 50 Backstroke	26
27	11-12 100 Breaststroke Girls 1:34.09, Boys 1:31.39	28
29	9-10 100 Breaststroke Girls 1:58.09, Boys 1:53.39	30
31	8 & Under 50 Breaststroke Girls 1:10.19, Boys 1:10.19	32
33	13 & OVER 100 Breaststroke Girls 1:27.99, Boys 1:21.29	34
35	11-12 100 Freestyle Girls 1:13.59, Boys 1:10.99	36
37	9-10 100 Freestyle Girls 1:29.59, Boys 1:27.79	38
39	8 & Under 50 Free Girls: 55.99, Boys 55.99	40
41	13 & OVER 100 Freestyle Girls 1:10.59, Boys 1:05.59	42
43	11-12 50 Butterfly Girls: 36.49, Boys: 37.09	44
45	9-10 50 Butterfly Girls 47.39, Boys 45.69	46
47	8 & Under 25 Butterfly Girls: 30.99, Boys: 30.99	48
49	13 & OVER 50 Butterfly	50
51	8 & Under 100 IM Girls 2:12.29, Boys 2:12.29	52
53	9-10 100 IM Girls: 1:42.59, Boys: 1:38.99	54
55	11-12 100 IM Girls: 1:24.09, Boys: 1:20.89	56
57	13 & Over 100 IM	58
59	8 & UN MIXED 100 Medley Relay	-
60	9-10 MIXED 200 Medley Relay	-
61	11-12 MIXED 200 Medley Relay	-
62	13 & Over MIXED 200 Medley Relay	-

Sunday, January 16, 2021		
Women EVENT #	EVENT TIME STANDARD	Men EVENT #
63	13 & Over 200 Free Relay	64
65	11-12 200 Free Relay	66
67	9-10 200 Free Relay	68
69	8 & UN 100 Free Relay	70
71	13 & OVER 200 IM Girls 2:49.79, Boys 2:39.99	74
73	11-12 100 Butterfly Girls 1:24.39, Boys 1:22.89	74
75	9-10 100 Butterfly Girls 1:53.99, Boys 1:51.39	76
77	8 & Under 50 Butterfly Girls 1:06.59, Boys 1:06.59	78
79	13 & OVER 100 Butterfly Girls 1:16.39, Boys 1:11.19	80
81	11-12 100 Backstroke Girls 1:24.79, Boys 1:22.19	82
83	9-10 100 Backstroke Girls 1:41.99, Boys 1:39.79	84
85	8 & under 50 Backstroke Girls 1:05.99, Boys 1:05.99	86
87	13 & OVER 100 Backstroke Girls 1:16.69, Boys 1:11.49	88
89	11-12 50 Breaststroke Girls: 42.99, Boys: 42.89	90
91	9-10 50 Breaststroke Girls: 53.19, Boys: 52.09	92
93	8 & Under 25 Breast Girls: 34.99, Boys: 34.99	94
95	13 & OVER 50 Breaststroke	96
97	11-12 50 Freestyle Girls: 33.59, Boys: 32.59	98
99	9-10 50 Freestyle Girls 38.89, Boys 38.09	100
101	8 & Under 25 Freestyle Girls: 25.99, Boys: 25.99	102
103	13 & OVER 50 Freestyle	104
105	11-12 MIXED 200 Free Relay	-
106	8 & UN MIXED 100 Free Relay	-
107	9-10 MIXED 200 Free Relay	-
108	13 & Over MIXED 200 Free Relay	-

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

Pacific Swimming – Hosted by Pacific Swimming Zone 3 Zone 3 Championships Short Course January 14-16, 2021 Consolidated Entry Form													
Name: Last				First				Middle					
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex M F		LSC – (PC, SN)				
USA-#													
Event #	Distance / Stroke					Entry Time			Circle one				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													