

**ZONE 3 PEGGY RAMIREZ MEMORIAL WINTER CHAMPIONSHIPS**  
**PACIFIC SWIMMING SHORT COURSE**  
**JANUARY 18-19, 2020**  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-007**

*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.*

**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.

**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:**

<i>Meet Referee:</i> <b>Andy Downs</b>	<i>Head Starter:</i> <b>Irene Alameida</b>
<i>Meet Marshal:</i> <b>TBA</b>	<i>Admin Official:</i> <b>Mike Abegg</b>
<i>Meet Director:</i> <b>Ashley Britton-Denize</b>	<a href="mailto:srnashleybritton@gmail.com">srnashleybritton@gmail.com</a>

**LOCATION:** Quinn Swim Center, Santa Rosa Junior College, 1501 Mendocino Avenue, Santa Rosa, CA.

**DIRECTIONS:** *From the north:* Travel south on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a left turn onto College Avenue. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. *From the south:* Travel north on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a right turn onto College Ave. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium. The gymnasium will be available for athletes and families. **Setting up around the pool deck is prohibited.**  
**SRJC charges \$4 per day for all-day parking pass, including weekends and holidays**

**COURSE:** INDOOR 25 YARD pool with up to 8 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 5' at the start end and 3'6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day.

**RULES:**

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are timed finals.
- All events will swim fast to slow. The Meet Referee in his discretion may combine events and heats.
- Athletes may compete in **MAXIMUM 3** events 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.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**

**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:**

- This meet is open ONLY to athletes registered in Zone 3 of Pacific Swimming. **Clubs not registered with USA Swimming and Pacific Swimming for the year 2020 may NOT be represented in this meet. Their athletes may compete as unattached if the individual athlete has a current 2020 USA Swimming/Pacific Swimming membership. Athletes must be 2020 members of USA Swimming.**

- 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, 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.

- Entries with "**NO TIME**" will be **REJECTED** for events **1, 2, 3, 4, 5, 6, 7, 8, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 47, 48, 55, 56, 57, 58, 59, 60, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 107, 108.** Time standards for this meet are listed in the events table. **EVENTS 9, 10, 11, 12, 13, 14, 15, 16, 27, 28, 29, 30, 31, 32, 33, 34, 45, 46, 49, 50, 51, 52, 53, 54, 61, 62, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 99, 100, 101, 102, 103, 104, 105, 106, 109, 110, 111, 112, 113, 114 will be OPEN (no time standard).**

- 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.

- All athletes competing in relays must have qualified for and entered at least one individual event. **No "relay only" athletes will be permitted to compete.**

- Disabled athletes 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:** \$4.00 per event plus an \$8.00 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 form to the Clerk of Course by 9:30 AM each day.

**ONLINE ENTRIES: FASTSWIMS:** To enter online go to [www.fastswims.com](http://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 8, 2020**

**RELAYS:** Relays will be swum in the middle of the meet on Saturday and Sunday. Relays cards for all relays are due to Clerk of Course no later than **9:30 AM** each day. Relays may be entered electronically via FastSwims. No "Relay Only" athletes will be permitted to compete.

**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 6, 2020** or hand delivered by 6:30 p.m. Wednesday, **January 8, 2020**. 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 Britton-Denize  
PO Box 317  
Santa Rosa, CA 95402**

**Hand deliver entries to: Ashley Britton-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 shall not be penalized. Athlete who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** Awards will be given to the coach or club representative at the end of the meet. Finals - Ribbons 1st through 8th. Relays - Ribbons 1st through 3rd. Up to \$250.00 dollars will be given to the 1st place club to be used for a team function/party. (The money will be paid once receipts are provided) Team 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. Awards for age group 15 & OV will be awarded as a combined age group.

**SCORING: Individual Events** (top 8, timed finals) 9-7-6-5-4-3-2-1 / **Relays** (top 8) 18-14-12-10-8-6-4-2

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. **SRJC charges \$4.00 per day for all parking passes, including weekends and holidays.** 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 athlete 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. Zone 3 shall accept uncarded Trainees in the count of officials for up to two sessions. 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**

<b>SATURDAY</b>				<b>SUNDAY</b>			
<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13-18</b>	<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13-18</b>
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	100 BK	100 BK	100 FL
100 MED R	200 MED R	100 BR	50 BK	100 FREE R	200 FREE R	200 FREE R	100 BK
50 FR	100 FR	200 MED R	200 MED R	25 BR	50 BR	50 BR	200 FREE R
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				

Saturday, January 18, 2020		
EVENT #	EVENT And Time Standard	EVENT #
1	11-12 200 Freestyle Girls: 2:32.79, Boys: 2:28.99	2
3	15 & Over 200 Freestyle Girls 2:22.99, Boys 2:14.99	4
5	13-14 200 Freestyle Girls 2:22.99, Boys 2:14.99	6
7	9-10 50 Backstroke Girls 44.19, Boys 44.09	8
9	8 & Under 25 Backstroke OPEN	10
11	11-12 50 Backstroke OPEN	12
13	13-14 50 Backstroke OPEN	14
15	15 & Over 50 Backstroke OPEN	16
17	11-12 100 Breaststroke Girls 1:30.59, Boys 1:28.29	18
19	9-10 100 Breaststroke Girls 1:47.79, Boys 1:44.09	20
21	8 & Under 50 Breaststroke Girls 1:10.19, Boys 1:10.19	22
23	13-14 100 Breaststroke Girls 1:23.99, Boys 1:16.99	24
25	15 & Over 100 Breaststroke Girls 1:23.99, Boys 1:16.99	26
27	<b>8 &amp; Under 100 Medley RELAY</b>	28
29	<b>9-10 200 Medley RELAY</b>	30
31	<b>11-12 200 Medley RELAY</b>	32
33	<b>13 &amp; Over 200 Medley RELAY</b>	34
35	11-12 100 Freestyle Girls 1:08.99, Boys 1:08.39	36
37	9-10 100 Freestyle Girls 1:22.79, Boys 1:21.09	38
39	8 & Under 50 Free Girls: 55.99, Boys 55.99	40
41	13-14 100 Freestyle Girls 1:04.99, Boys 1:01.09	42
43	15 & Over 100 Free Girls 1:04.99, Boys 1:01.99	44
45	11-12 50 Butterfly OPEN	46
47	9-10 50 Butterfly Girls 43.29, Boys 42.29	48
49	8 & Under 25 Butterfly OPEN	50
51	13-14 50 Butterfly OPEN	52
53	15 & Over 50 Butterfly OPEN	54
55	8 & Under 100 IM Girls 2:12.29, Boys 2:12.29	56
57	9-10 100 IM Girls: 1:40.99, Boys: 1:40.99	58
59	11-12 100 IM Girls: 1:22.99, Boys: 1:18.99	60
61	13 & Over 100 IM OPEN	62

Sunday, January 19, 2020		
EVENT #	EVENT And Time Standard	EVENT #
63	15 & Over 200 IM Girls 2:40.99, Boys 2:29.99	64
65	13 – 14 200 IM Girls 2:40.99, Boys 2:29.99	66
67	11-12 100 Butterfly Girls 1:21.09, Boys 1:19.19	68
69	9-10 100 Butterfly Girls 1:42.49, Boys 1:41.49	70
71	8 & Under 50 Butterfly Girls 1:06.59, Boys 1:06.59	72
73	13-14 100 Butterfly Girls 1:13.69, Boys 1:08.99	74
75	15 & Over 100 Butterfly Girls 1:13.69, Boys 1:08.99	76
77	11-12 100 Backstroke Girls 1:19.99, Boys 1:19.09	78
79	9-10 100 Backstroke Girls 1:35.39, Boys 1:32.69	80
81	8 & under 50 Backstroke Girls 1:05.99, Boys 1:05.99	82
83	13-14 100 Backstroke Girls 1:13.99, Boys 1:08.99	84
85	15 & Over 100 Backstroke Girls 1:13.99, Boys 1:08.99	86
87	<b>11-12 200 Free RELAY</b>	88
89	<b>8 &amp; Under 100 Free RELAY</b>	90
91	<b>9-10 200 Free RELAY</b>	92
93	<b>13 &amp; Over 200 Free RELAY</b>	94
95	11-12 50 Breaststroke OPEN	96
97	9-10 50 Breaststroke Girls: 48.79, Boys:41.19	98
99	8 & Under 25 Breast OPEN	100
101	13-14 50 Breaststroke OPEN	102
103	15 & Over 50 Breaststroke OPEN	104
105	11-12 50 Freestyle OPEN	106
107	9-10 50 Freestyle Girls 36.49, Boys 35.79	108
109	8 & Under 25 Freestyle OPEN	110
111	13-14 50 Freestyle OPEN	112
113	15 & Over 50 Freestyle OPEN	114

Pacific Swimming – Hosted by Zone 3 Peggy Ramirez Zone 3 Championships January 18-19, 2020 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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						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee        \$ 8.00 Total                                \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													