

**ZONE 3 CHAMPIONSHIPS  
PACIFIC SWIMMING SHORT COURSE TRIALS AND FINALS MEET  
JANUARY 19-20, 2019**

Enter Online: <http://ome.swimconnection.com/pc/Z320190119>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-003**

*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: Andy Downs</i>	<i>Head Starter: Kian Tavakoli</i>
<i>Meet Marshal: Ricardo Rico</i>	<i>Admin Official: Ronald Sto. Domingo</i>
<i>Meet Director: Ashley Britton</i>	<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 in the outdoor 25 yd warm-up/down pool at all times during the meet 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 shall begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM on Saturday and Sunday. Finals time is **TO BE DETERMINED**. Finals will start no earlier than two hours after the last event of prelims.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- All events are trials and finals EXCEPT 8 and under events. 8 and under events will be timed finals only.
- The eight fastest swims from preliminaries shall qualify for championship finals. The next eight fastest swims shall qualify for consolation finals.
- Athletes may compete in **MAXIMUM 3** events per day excluding relays
- If local conditions warrant it, the meet referee, with the concurrence of the meet director, may require a mandatory scratch down, subject to the provisions of Pacific Swimming Rules and Regulations.
- All events will be swum in event order and in a "FAST to SLOW" sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- At the discretion of the Meet Referee, events and heats may be combined.
- **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**

**RELAYS:** 10 and Under Relays will be swum at the beginning of Preliminaries. Relay cards for 10 and Under Relays are due no later

than 8:00 a.m. each day. 11 and Over Relays will be swum at the beginning of finals. Relay cards for 11 and Over Relays are due at 10:00 a.m. each day. Relays may be entered electronically via SwimConnection

**UNACCOMPANIED ATHLETES:** Any USA Swimming athlete-member competing at the meet shall 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:** Any athlete entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall start each race from within the water. When unaccompanied by a USA Swimming member coach, 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 or 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 shall be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- No pets allowed on deck, other than service assistance animals.
- 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 2019 may NOT be represented in this meet. Their athletes may compete as unattached if the individual athlete has a current 2019 USA Swimming/Pacific Swimming membership.**

- Athletes shall be current members of USA Swimming and enter their name and registration number on the meet entry card exactly as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration database. The meet host shall 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 shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Entries with "**NO TIME**" **will NOT be accepted. Time Standards for this Meet are listed in the events table. 13 and Over 50 yard events do not have time standards, and no time entries will be accepted for those events.** Relay only athletes do not need to meet the time standards.
- 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.
- 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 athlete shall meet standards for the 15 and Over age group.
- Age on the first day of the meet shall determine the athlete's age for the entire meet.

**ENTRY FEES:** \$5.50 per event plus an \$8.00 participation fee per athlete. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made except mandatory scratch downs. Relay entries - \$16.00 per relay Team; check must accompany the relay entry form to Clerk of Course by 10:00 AM each day.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/Z320190119> 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 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 shall be accepted through **Wednesday, January 9, 2019.** Meet Management reserves the right to close entries for a Preliminaries Session if the estimated timeline shows a completion time after 1:30 p.m. for that session.

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, **Monday, January 7, 2019** or hand delivered by 6:30 p.m. on **Wednesday, January 9, 2019.** No late entries shall 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**

**PO Box 317**

**Santa Rosa, CA 95402**

**Hand deliver entries to: Ashley Britton**

**455 Ridgway Ave**

**Santa Rosa, CA 95401**

**CHECK-IN:** The meet shall be deck seeded. Athletes shall 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 all individual 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 shall not be seeded and shall not be allowed to compete in that event.

**SCRATCHES:**

- Athletes shall not be penalized for missing preliminary events.
- Any athlete qualifying for any level of finals in an individual event who may not wish to swim in finals shall either scratch or declare intent to scratch from that final within 30 minutes after the announcement of qualifiers. An athlete who declares intent to scratch shall declare their final intention within 30 minutes after their last individual preliminary event.
- Any athlete qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate shall be barred from their next final event for that day. Should the Athlete have no additional final events for that day they shall be barred from their next preliminary event.

**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 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: Individual Events** – (final) 20-17-16-15-14-13-12-11, (consolation) 9-7-6-5-4-3-2-1 / **Relays** – 40-34-32-30-28-26-24-22

**ADMISSION:** Free.

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

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. SRJC charges \$4 per day for all day parking pass, including weekends and holidays

**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 preliminaries 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 the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each preliminaries 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

\*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**

SATURDAY					SUNDAY				
8 & UN	9-10	11-12	13-14	15 & Over	8 & UN	9-10	11-12	13 -14	15 & Over
100 Med Relay+*	200 Med Relay+*	200 Med Relay%*	200 Med Relay%*	200 Med Relay%*	100 FR Relay+*	200 FR Relay+*	200 FR Relay%*	200 FR Relay%*	200 FR Relay%*
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
* Event Swum as Timed Final + Event Swum at the beginning of Preliminaries % Event Swum at the beginning of Finals NOTE: 13-OV events will swim together in Preliminaries, but will be swum and scored as 13-14, 15-OV in finals.									

## EVENTS

Saturday, January 19, 2019		
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 2:22.99, Boys 2:14.99	112
113	11-12 200 Freestyle Girls 2:32.79, Boys 2:28.99	114
115*	8 & Under 100 Freestyle Girls 2:00.99, Boys 2:00.99	116*
117	13 & Over 50 Backstroke No Standard	118
119	11-12 50 Backstroke Girls 36.89, Boys 36.89	120
121	9-10 50 Backstroke Girls 44.19, Boys 44.09	122
123*	8 & Under 25 Backstroke Girls 30.99, Boys 30.99	124*
125	13 & Over 100 Breaststroke Girls 1:23.99, Boys 1:16.99	126
127	11-12 100 Breaststroke Girls 1:30.59, Boys 1:28.29	128
129	9-10 100 Breaststroke Girls 1:47.79, Boys 1:44.09	130
131*	8 & Under 50 Breast Girls 1:10.19, Boys 1:10.19	132*
133	13 & Over 100 Freestyle Girls 1:04.99, Boys 1:01.99	134
135	11-12 100 Freestyle Girls 1:08.99, Boys 1:08.39	136
137	9-10 100 Freestyle Girls 1:22.79, Boys 1:21.09	138
139*	8 & Under 50 Freestyle Girls 55.99, Boys 55.99	140*
141	13 & Over 50 Butterfly No Standard	142
143	11-12 50 Butterfly Girls 35.39, Boys 35.49	144
145	9-10 50 Butterfly Girls 43.29, Boys 42.29	146
147*	8 & Under 25 Butterfly Girls 30.99, Boys 30.99	148*

Sunday, January 20, 2019		
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 2:40.99, Boys 2:29.99	212
213	11-12 100 IM Girls 1:18.69, Boys 1:24.39	214
215	9-10 100 IM Girls 1:38.99, Boys 1:38.99	216
217*	8 & Under 100 IM Girls 2:12.29, Boys 2:12.29	218*
219	13 & Over 100 Butterfly Girls 1:13.69, Boys 1:08.99	220
221	11-12 100 Butterfly Girls 1:21.09, Boys 1:19.19	222
223	9-10 100 Butterfly Girls 1:42.49, Boys 1:41.49	224
225*	8 & Under 50 Butterfly Girls 1:06.59, Boys 1:06.59	226*
227	13 & Over 50 Breaststroke No Standard	228
229	11-12 50 Breaststroke Girls 41.49, Boys 41.19	230
231	9-10 50 Breaststroke Girls 48.79, Boys 48.49	232
233*	8 & Under 25 Breaststroke Girls 34.99, Boys 34.99	234*
235	13 & Over 100 Backstroke Girls 1:13.99, Boys 1:08.99	236
237	11-12 100 Backstroke Girls 1:19.99, Boys 1:19.09	238
239	9-10 100 Backstroke Girls 1:35.39, Boys 1:32.69	240
241*	8 & Under 50 Backstroke Girls 1:05.99, Boys 1:05.99	242*
243	13 & Over 50 Freestyle No Standard	244
245	11-12 50 Freestyle Girls 32.39, Boys 31.39	246
247	9-10 50 Freestyle Girls 36.49, Boys 35.79	248
249*	8 & Under 25 Freestyle Girls 25.99, Boys 25.99	250*

\* Event Swum as Timed Final

+ Event Swum at the beginning of Preliminaries

% Event Swum at the beginning of Finals

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

Pacific Swimming – Hosted by Zone 3 Zone 3 Championships T/F January 19 – 20, 2019 Consolidated Entry Form													
Name: Last,				First				Middle					
Club Abbr.			UNATT CLUB 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$5.50 = \$ _____ Participation Fee      \$ 8.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													