

**PACIFIC SWIMMING
ZONE 2 SHORT COURSE WINTER CHAMPIONSHIP MEET**

February 4 - 5, 2012

Enter this meet online at <http://ome.swimconnection.com/pc/z2champs20120204>

NOTE: This is the **SELECTION MEET** for the 2012 Zone ALL-STAR Meet hosted by ZONE 3 which will be held on Sunday, March 4, 2012. All-Star Applications will be available at the meet or may be downloaded from the Zone 2 website <https://sites.google.com/site/pacswimzone2/>. Any swimmer entered in a Saturday event, must turn in the Letter of Intent to the All-Star desk prior to the completion of the last event on Saturday, February 4, 2012. "Sunday only" swimmers may download the All-Star Letter of Intent and e-mail the letter to dvc196@sbcglobal.net. E-mailed Letters of Intent must be received before 5:00 p.m., Saturday, February 4th. The 2012 Zone 2 All-Star team members will be selected based on results of the 2012 Zone 2 Championship.

SANCTION: Held under USA/Pacific Swimming Sanction No: **12-021**

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, psych sheets and live meet results. By entering the meet, the athlete or his/her guardian consents to this publication.

USE OF AUDIO & VISUAL: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms

OFFICIALS: **Meet Referee:** Leo Lin
Head Starter: Alex Dourov
Meet Marshal: Mehdi Saghafi
Meet Director: David Benjamin, 510-357-7753, david.benjamin.dstlane@gmail.com

LOCATION: Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga, California. **From Highway 24 West**-take Central Lafayette Exit, turn right on Deer Hill Rd, right on First St, right on Mount Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr. **From Highway 24 East**-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind high school. Parking lot located on left. Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. **NO PARKING IS ALLOWED IN CARROLL RANCH.**

COURSE: Outdoor 25-yard x 50-meter pool with up to 16-lanes for competition. A separate warm-up pool will be available. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the west end and 7' on the east end of the competition pool. 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: Meet begins at 9:00 a.m. each day; general warm-ups begin at 7:30 a.m. and end at 8:45 a.m. **Special extended warm-up from 8:45-8:55 a.m. for 8-UN swimmers only.**

RULES: Current USA Swimming and Pacific Swimming Rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-the-Course. All events are timed finals. Swimmers may compete in a maximum of four (4) individual events per day PLUS relays. Entries will be accepted until the number of splashes exceeds the estimated timeline, per the four-hour rule, based on the swimmer's 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 issued in the event of a mandatory scratch-down. **UNATTACHED SWIMMERS MAY NOT SWIM ON RELAY TEAMS.** Unattached swimmers may score points for the purpose of the individual high point awards but their points will not count towards a team score.

All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

ATTENTION HIGH SCHOOL SWIMMERS (February through May): If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED SWIMMERS: Any USAS 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 USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient

in performing a race start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer'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 swimmers during the meet and warm-up periods. Sale and use of alcoholic beverages is prohibited in **all** areas of the meet venue. Outside BBQ pits are not permitted. No glass containers allowed on deck. No propane heaters/tanks are allowed in any area of the meet venue.

ELIGIBILITY: Meet is open only to qualified swimmers in Zone 2. This meet is limited to those swimmers who have achieved the qualifying "PC-B" Time Standard by February 3, 2012, using the 2012 Pacific Swimming time standards. Entry times submitted for this meet will be validated against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. 'Coach verified' times will **NOT** be accepted. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times or seeding per Pacific Swimming Policy. Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as shown on their Registration Card. All swimmer registration will be checked against the SWIMS database. If a swimmer is 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. Swimmers who enter as "pending" or "applied for" must be prepared to present their current card or register before being allowed to check in. Swimmers 19 years of age and older may participate in the **15-UP individual events** but may not receive awards or score points. Swimmers 19 years of age and older **are not allowed** to participate in relays. Unattached swimmers must enter UN followed by the "CLUB ABVR".

ENTRY FEES: Individual Entries - \$2.75 per event and \$8.00 Participation Fee per swimmer.
Relay Entries - \$9.00 per relay.

MAKE CHECKS PAYABLE TO: Zone 2 – Pacific Swimming

MAIL ENTRIES TO: David Benjamin
769 Rodney Drive
San Leandro, CA 94577

ENTRIES: Individual events may be entered for this meet online, or by mail. Online meet entry is in no way required or expected in order to enter this meet. Only the team coaches may enter relays- see instructions below.

INDIVIDUAL ENTRIES: Two Entry Options

1). ONLINE MEET ENTRIES

Check <http://ome.swimconnection.com/pc/z2champs20120204> for session open or closed status.

Enter at: <http://ome.swimconnection.com/pc/z2champs20120204> to receive immediate confirmation of acceptance via email. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using their secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Online entries must be confirmed by midnight, Wednesday, January 25, 2012. No late entries will be accepted. PRINT OUT the Online CONFIRMATION and BRING IT to the meet as proof of entry.

2). MAIL / HAND DELIVERED ENTRIES: Entries must be on a Zone 2 Championship Consolidated Entry Card(s). Entry cards must be completely filled out, including best short course time for each event. Entered times must be submitted in yards. "NO TIME" entries will NOT be accepted. Entries must be postmarked by 11:59 p.m., Monday, January 23, 2012, or hand delivered no later than 5:00 pm Wednesday, January 25, 2012 to David Benjamin, 769 Rodney Drive, San Leandro, CA 94577. No late entries will be accepted. Except for mandatory scratches, no refunds will be made.

RELAY ENTRIES: All relay entries shall be submitted by Zone 2 teams using the attached Consolidated Relay Entry form and be accompanied by a team check for the amount due. Make the check payable to Zone 2 – Pacific Swimming. Mail or hand deliver Consolidated Relay form to David Benjamin, 769 Rodney Drive, San Leandro, CA 94577.

NOTE: All relay swimmers who are not entered in at least one individual event in this meet must be entered on the RELAY ONLY form.

Relay Entries - must be **postmarked by Monday, January 23, 2012** or **hand delivered by 5:00 pm Wednesday, January 25, 2012.**

Relay cards will be pre-printed and distributed to the coaches. The names of the swimmers must be added to these cards and must be turned in to the meet director by 10:00 a.m. the day the relay will be swum.

Along with the Relay Entry Form, Teams must submit the names of a Team Contact and 2 people willing to work a 4 ½ hour marshaling shift.

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-the-Course. Close of check-in for all events shall be no more than 60 minutes before the estimated start time of the first heat of that event. No event shall be closed more than 30 minutes before the scheduled start of the session. A swimmer who does not check in will not be allowed to compete in the event.

SCRATCHES: Swimmers entered in an individual event who have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun. Failure to swim an event will result in being barred from their next individual event on that day or the next meet day, whichever is first. Exception: No penalty shall apply for failure to withdraw or compete in an individual event if the referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer.

SCORING: The first sixteen (16) places in the individual age group events will be scored and awarded as listed below. The first sixteen places for each relay event will be scored but **not awarded**.

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 points
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 points
Only individual event scores are counted for high point awards.
Relay and individual scores are used for team scoring.

AWARDS: The first 16 places will be awarded for 8&UN, 9-10, 11-12, 13-14, 15-16, 17-18 age groups. Individual high point awards for the top boy and girl in 8&UN, 9-10, 11-12, 13-14, 15-16, 17-18 age groups. All "B" swimmers achieving a "PC-A" time will be awarded a standard "A" medal, regardless of place achieved in the event. No relay awards. No awards for swimmers age 19 and older. **Note: Individual awards must be picked up at the meet. They will not be mailed out or distributed after the meet.**

Team Awards – Teams will be equally divided into two groups based on the number of swimmers entered in the meet. Group I will consist of the teams with the larger numbers of entries. If there are an odd number of teams, the odd team will be placed in Group I. The top three teams in Group I and Group II will receive certificates.

ADMISSION: FREE. A two-day program will be available for sale at a reasonable price.

HOSPITALITY: Hospitality will be available for officials, coaches; and timers (during their shifts only).

MINIMUM OFFICIALS RULE: One-half hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of entries against the number of Officials present representing each team. Those teams who have not provided sufficient Officials will be fined \$100 per missing official.

Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during the meet in accordance with the following table:

Number of swimmers entered in meet per team	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

EVENT SUMMARY

Zone 2 Short Course Championships Saturday, February 4, 2012						Zone 2 Short Course Championships Sunday, February 5, 2012					
Event #	SATURDAY EVENTS				Event #	Event #	SUNDAY EVENTS				Event #
GIRLS	Qualifying Time	Age Group	Event	Qualifying Time	BOYS	GIRLS	Qualifying Time	Age Group	Event	Qualifying Time	BOYS
1	53.29	8-UN	50 Freestyle	53.29	2	51	2:00.99	8-UN	100 Freestyle	2:00.99	52
3	1:27.29	9-10	100 Freestyle	1:27.29	4	53	3:14.59	9-10	200 Freestyle	3:17.19	54
5	1:16.09	11-12	100 Freestyle	1:15.29	6	55	2:49.19	11-12	200 Freestyle	2:49.39	56
7	1:11.69	13-14	100 Freestyle	1:08.19	8	57	2:34.99	13-14	200 Freestyle	2:29.39	58
9	1:11.69	15-16	100 Freestyle	1:05.39	10	59	2:34.99	15-16	200 Freestyle	2:23.69	60
	1:11.69	17-18		1:05.39		2:23.69					
11	31.49	8-UN	25 Breaststroke	31.49	12	61	28.49	8-UN	25 Backstroke	28.49	62
13	53.19	9-10	50 Breaststroke	53.29	14	63	46.19	9-10	50 Backstroke	47.59	64
15	1:39.49	11-12	100 Breaststroke	1:41.09	16	65	1:27.79	11-12	100 Backstroke	1:29.39	66
17	1:33.79	13-14	100 Breaststroke	1:29.09	18	67	1:21.69	13-14	100 Backstroke	1:18.89	68
19	1:33.79	15-16	100 Breaststroke	1:26.79	20	69	1:21.59	15-16	100 Backstroke	1:18.39	70
	1:33.79	17-18		1:26.79		1:18.39					
21	2:12.29	8-UN	100 I.M.	2:12.29	22	71	27.39	8-UN	25 Butterfly	27.39	72
23	1:41.59	9-10	100 I.M.	1:41.59	24	73	44.99	9-10	50 Butterfly	44.59	74
25	3:09.59	11-12	200 I.M.	3:12.39	26	75	1:28.19	11-12	100 Butterfly	1:30.19	76
27	2:57.29	13-14	200 I.M.	2:48.89	28	77	1:20.89	13-14	100 Butterfly	1:17.49	78
29	2:57.29	15-16	200 I.M.	2:44.49	30	79	1:20.89	15-16	100 Butterfly	1:13.89	80
	2:57.29	17-18		2:44.49		1:13.89					
31	23.49	8-UN	25 Freestyle	23.49	32	81		8-UN	100 Free Relay		82
33	39.79	9-10	50 Freestyle	39.79	34	83		9-10	200 Free Relay		84
35	35.19	11-12	50 Freestyle	34.59	36	85		11-12	200 Free Relay		86
37	32.89	13-14	50 Freestyle	31.29	38	87		13-14	200 Free Relay		88
39	32.89	15-16	50 Freestyle	30.29	40	89		15-18	200 Free Relay		90
	32.89	17-18		30.29							
41		8-UN	100 Medley Relay		42						
43		9-10	200 Medley Relay		44						
45		11-12	200 Medley Relay		46						
47		13-14	200 Medley Relay		48						
49		15-18	200 Medley Relay		50						

15-18 individual events will be swum together but scored separately as 15-16 and 17-18.
Relay swimmers must be entered in their correct relay age group (8UN, 9-10, 11-12, 13-14, 15-16, 17-18)

Zone 2 Short Course Championship – 2012

RELAY ENTRY SUMMARY , Enter time of each relay team. use additional page if more than six teams each event

Coaches please note → All relay only swimmers must be entered on the RELAY ONLY entry sheet so their registration can be checked.

Event No.	Gender /Age	Event	A	B	C	D	E	F	Total No. Relays
41	8-UN Girls	100 Medley Relay							
42	8-UN Boys	100 Medley Relay							
43	9-10 Girls	200 Medley Relay							
44	9-10 Boys	200 Medley Relay							
45	11-12 Girls	200 Medley Relay							
46	11-12 Boys	200 Medley Relay							
47	13-14 Girls	200 Medley Relay							
48	13-14 Boys	200 Medley Relay							
49	15-18 Girls	200 Medley Relay							
50	15-18 Boys	200 Medley Relay							
81	8-UN Girls	100 Free Relay							
82	8-UN Boys	100 Free Relay							
83	9-10 Girls	200 Free Relay							
84	9-10 Boys	200 Free Relay							
85	11-12 Girls	200 Free Relay							
86	11-12 Boys	200 Free Relay							
87	13-14 Girls	200 Free Relay							
88	13-14 Boys	200 Free Relay							
89	15-18 Girls	200 Free Relay							
90	15-18 Boys	200 Free Relay							

TOTAL TEAM RELAY ENTRIES →

Zone 2 Short Course Championships
February 4-5, 2012
 Consolidated Entry Card

NAME: LAST FIRST INTL

LSC Code PC

CLUB ABBR	IF UNATT TEAM ABBR	CLUB NAME
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AGE	DATE OF BIRTH	AMT. PAID \$
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USA-S REG #	
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SEX	AGE GROUP
Boy Girl	

EVENT #	DISTANCE/STROKE	ENTRY TIME
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of Entries _____ x \$ 2.75 = _____
 Participation Fee **\$ 8.00**
 Total _____

COACH:

SWIMMERS ADDRESS: _____

PHONE # ()

E-MAIL
 E-Mail @

Zone 2 Short Course Championships
February 4-5, 2012
 Consolidated Entry Card

NAME: LAST FIRST INTL

LSC Code PC

CLUB ABBR	IF UNATT TEAM ABBR	CLUB NAME
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AGE	DATE OF BIRTH	AMT. PAID \$
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USA-S REG #	
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SEX	AGE GROUP
Boy Girl	

EVENT #	DISTANCE/STROKE	ENTRY TIME
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of Entries _____ x \$ 2.75 = _____
 Participation Fee **\$ 8.00**
 Total _____

COACH:

SWIMMERS ADDRESS: _____

PHONE # ()

E-MAIL
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