

**ZONE 1 NORTH of PACIFIC SWIMMING
2016 ZONE 1 NORTH SHORT COURSE CHAMPIONSHIPS
JANUARY 23-24, 2016**



Enter Online: <http://ome.swimconnection.com/pc/Z1N20160123>

PARTICIPATING ZONE 1N TEAMS: BAC, BSC, DACA, DCD, HDAC, LO, MAV, MCAC, MLKB, MNLO, OSC PASA, PCCA, PSL, PSRP, SSFAC, STAR, SUNN

SANCTION: Held under USA/Pacific Swimming Sanction No. **12-012**

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. **The results of this meet may be posted in real time on the Internet at <http://results.teamunify.com/pcbsc.html>**

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.

OFFICIALS:

| | |
|--|-------------------------------------|
| Meet Referee: Mike Tramack | Head Starter: Nan McKenna |
| Meet Marshal: Katie Elgaaen | Admin Referee: Robin Stewart |
| Meet Director: Jim Stretch – jc_stretch@yahoo.com | |

LOCATION: College of San Mateo Aquatic Center, 1700 West Hillsdale Boulevard, Building #5, San Mateo, CA.

DIRECTIONS: **From Hwy 280:** take Hwy 92 east towards San Mateo, West Hillsdale Blvd. exit. Turn left at signal and proceed uphill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. **From Hwy 101:** take Hwy 92 west towards Half Moon Bay, West Hillsdale Blvd exit. Turn right and proceed up hill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. Ample free parking is available on campus in Beethoven Lot 2 and Hillsdale lot. **LOOK FOR AND OBEY POSTED PARKING RESTRICTIONS. PAYMENT AND DISPLAY OF PERMIT IS REQUIRED FOR VISITOR SPACES.**

COURSE: OUTDOOR 25 YARD pool with up to two ten [10] lane courses available for competition. An additional 2 or more 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 7'0" at the start end and 7'0" 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. The pool deck will open at 7:00AM each day.

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 events are timed finals and will swim fast to slow.
- Swimmers may compete in **3 individual** events and 1 relay 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 events are timed finals and pre-seeded. It is the swimmer's responsibility to report to the proper lane in the correct heat of their events. Names will not be called for any missing swimmers. Any swimmer who fails to report to the proper lane in the correct heat of his/her event will be scratched from that event and will not be permitted to swim that event in a different heat.
- Relays will be swum in one course at the end of the session. Clubs are permitted to enter up to three (3) relays in each relay event (A/B/C), but only the 'A' relay team may score points. Relay teams must be designated before the event.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

UNACCOMPANIED SWIMMERS: Any USA-S 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-S 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-S 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 USA-S Club Member-Coach.

RACING STARTS: Swimmers must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in 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 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.
- **Swim meet patrons should observe all signs posted and comply with facility staff requests**
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. **Use Athlete locker rooms located in Building 8 (scoreboard side of pool)**
- 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 result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

ELIGIBILITY:

- This meet is open only to members of Participating Zone 1 North teams
- Swimmers must be current members of USA-S 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 swimmer with the registration and times database. The meet host will check all swimmer 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.
- Swimmers 8/under must have met the Pacific Swimming "A" standard for their gender in every event entered. Swimmers 9/over must have met the USA-S Motivational "BB" time standard for their gender in every event entered. Entries with "NO TIME" will be rejected
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Coach verified times may be used.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: The meet is open only to members of participating Zone 1 North swim clubs (**BAC, BSC, DACA, DCD, HDAC, LO, MAV, MCAC, MLKB, MNLO, OSC, PASA, PCCA, PSL, PSRP, SSFAC, STAR, SUNN**).

ENTRY FEES: \$4.00 per individual event, \$8.00 participation fee per swimmer. \$9.00 per relay. **Note, relay only swimmers ARE NOT required to pay the participation fee. All entry fees MUST be included with entry. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to: <http://ome.swimconnection.com/pc/Z1N201601234> 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 swimmer 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 a swimmer by Pacific Swimming.** Online entries will be accepted through **11:59PM Tuesday, January 12, 2016.**

Team Entries: Entire team entries should be sent via email to: Jim Stretch at stretchj@smccd.edu

Team entries must be remitted with one check for the entire team. Entries must be submitted by midnight (11:59PM) Tuesday, January 12, 2016. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, **Friday, January 8** or hand delivered by 6:30 p.m. Tuesday, **January 12, 2016.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

RELAY ENTRIES: Relay entries will accepted online or via mail/hand delivery by the entry deadline. Deck entries will not be accepted. Participation fee is not charged for "Relay Only" swimmers. Cards will be provided at the meet for relays.

SEEDING: Event seeding will be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters - USA Swimming rules 207.11.7B.

Make check payable to: PACIFIC SWIMMING ZONE 1N

**Mail entries to: JIM STRETCH - SMAC
1700 W. HILLSDALE BLVD. BLDG#5
SAN MATEO, CA 94402**

**Hand deliver entries to: JIM STRETCH -SMAC
1700 W. HILLSDALE BLVD. BLDG#5
SAN MATEO, CA 94402**

CHECK-IN: All individual events will be pre-seeded. Swimmers are not required to check-in.

SCRATCHES: Swimmers shall report promptly to the starting blocks when their event/heat is called. Any swimmers not reporting for or competing in an individual timed final event shall NOT be penalized.

AWARDS: Ribbons will be awarded to the top sixteen (16) places in individual events and top eight (8) places in relay events. Team champions will be awarded in three divisions, based on the size of the team, following the table below. Ribbons will not be provided for swimmers ages 15 and older. **The Ray Taft Award** will be awarded to the fastest male 100 backstroke of the meet. Unattached swimmers will not receive awards. "A" Medals may be issued to athletes by their OWN CLUBS, "A" medals will not be awarded at the meet. **Awards will not be mailed; coaches must pick up their team awards and ribbons at the conclusion of the meet on Sunday.**

| | |
|------------|----------------------|
| Division 1 | 1-39 Swimmers |
| Division 2 | 40-99 Swimmers |
| Division 3 | 100 or more Swimmers |

ADMISSION: Free. A pdf file of the meet program will be provided to all participating teams at least twenty-four hours before the meet.

REFRESHMENTS: No hospitality will be available at the meet. Teams should plan to provide their own hospitality for coaches and volunteers. There will be full snack bar service available. A complimentary lunch will be provided for officials.

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

MINIMUM OFFICIALS: Teams must follow Zone 1 North rules for providing officials. Each team must provide officials for each session according to the number of swimmers entered in that session, following the table below. Teams that do not provide sufficient officials must provide coaches to act in the place of officials.

| Club swimmers entered in session | Trained and carded officials requested |
|----------------------------------|--|
| 0-24 | 0 |
| 25-50 | 1 |
| 51-75 | 2 |
| 76-100 | 3 |
| 101+ | 4+ (one for each additional 25 athletes) |

ZONE 1 NORTH ALL STAR: This is a selection meet for the Zone 1 North All-Star Team. Swimmers who are selected for the team will be contacted by either the team manager or head coach. Additional selection information will be available at the meet.)

EVENT SUMMARY

| SATURDAY, JANUARY 24 2016 | | | | | SUNDAY, JANUARY 25, 2016 | | | | |
|---------------------------|-----------|-----------|-----------|-----------|--------------------------|--------|--------|--------|--------|
| 8-UN | 9-10 | 11-12 | 13-14 | 15-18 | 8-UN | 9-10 | 11-12 | 13-14 | 15-O |
| 100 IM | 100 IM | 100 IM | 200 IM | 200 IM | 25 FL | 50 FL | 50 FL | 100 FL | 100 FL |
| 25 BR | 50 BR | 50 BR | 100 BR | 100 BR | 25 BK | 50 BK | 50 BK | 100 BK | 100 BK |
| 25 FR | 50 FR | 50 FR | 50 FR | 50 FR | 50 FR | 100 FR | 100 FR | 100 FR | 100 FR |
| 100 FrRel | 200 FrRel | 200 FrRel | 200 FrRel | 200 FrRel | 100 MR | 200 MR | 200 MR | 200 MR | 200 MR |

EVENTS

| LCM Time Standard | SCY Time Standard | Girls # | SATURDAY 01/23/2016 | Boys # | SCY Time Standard | LCM Time Standard |
|-------------------|-------------------|---------|------------------------|--------|-------------------|-------------------|
| | 1:49.29 | 1 | 8 & U 100 IM | 2 | 1:49.29 | |
| | 1:32.39 | 3 | 9 – 10 100 IM | 4 | 1:30.39 | |
| | 1:19.19 | 5 | 11 – 12 100 IM | 6 | 1:17.19 | |
| 3:05.29 | 2:40.79 | 7 | 13 – 14 200 IM | 8 | 2:30.29 | 2:53.69 |
| 3:00.29 | 2:36.79 | 9 | 15 – 16 200 IM | 10 | 2:23.29 | 2:45.49 |
| 2:59.29 | 2:35.29 | 11 | 17 – 18 200 IM | 12 | 2:19.79 | 2:42.69 |
| | 25.99 | 13 | 8 & U 25 Breast | 14 | 25.99 | |
| 54.69 | 47.79 | 15 | 9 – 10 50 Breast | 16 | 47.49 | 54.69 |
| 45.59 | 40.59 | 17 | 11 – 12 50 Breast | 18 | 40.29 | 45.99 |
| 1:35.49 | 1:22.99 | 19 | 13 – 14 100 Breast | 20 | 1:16.69 | 1:28.09 |
| 1:33.89 | 1:21.99 | 21 | 15 – 16 100 Breast | 22 | 1:13.59 | 1:25.49 |
| 1:32.49 | 1:19.79 | 23 | 17 – 18 100 Breast | 24 | 1:11.79 | 1:23.49 |
| | 19.49 | 25 | 8 & U 25 Free | 26 | 19.49 | |
| 40.69 | 35.69 | 27 | 9 – 10 50 Free | 28 | 34.99 | 39.69 |
| 35.99 | 31.69 | 29 | 11 – 12 50 Free | 30 | 30.69 | 35.09 |
| 34.89 | 30.49 | 31 | 13 – 14 50 Free | 32 | 28.19 | 31.99 |
| 34.29 | 29.99 | 33 | 15 – 16 50 Free | 34 | 26.89 | 30.19 |
| 34.09 | 29.69 | 35 | 17 – 18 50 Free | 36 | 26.29 | 30.29 |
| | | 37 | 8 & U 100 Free Relay | 38 | | |
| | | 39 | 9 – 10 200 Free Relay | 40 | | |
| | | 41 | 11 – 12 200 Free Relay | 42 | | |
| | | 43 | 13 – 14 200 Free Relay | 44 | | |
| | | 45 | 15 – 18 200 Free Relay | 46 | | |

| LCM Time Standard | SCY Time Standard | Girls # | SUNDAY 01/24/2016 | Boys # | SCY Time Standard | LCM Time Standard |
|--------------------------|--------------------------|----------------|------------------------------|---------------|--------------------------|--------------------------|
| | 22.59 | 47 | 8 & U 25 Fly | 48 | 22.59 | |
| 47.89 | 42.39 | 49 | 9 – 10 50 Fly | 50 | 41.39 | 46.79 |
| 38.79 | 34.59 | 51 | 11 – 12 50 Fly | 52 | 34.69 | 39.29 |
| 1:21.79 | 1:12.19 | 53 | 13 – 14 100 Fly | 54 | 1:07.09 | 1:16.29 |
| 1:19.99 | 1:10.69 | 55 | 15 – 16 100 Fly | 56 | 1:03.89 | 1:12.69 |
| 1:19.99 | 1:09.59 | 57 | 17 – 18 100 Fly | 58 | 1:02.49 | 1:10.89 |
| | 23.49 | 59 | 8 & U 25 Back | 60 | 23.49 | |
| 49.49 | 43.29 | 61 | 9 – 10 50 Back | 62 | 43.19 | 49.49 |
| 41.69 | 36.09 | 63 | 11 – 12 50 Back | 64 | 36.09 | 41.49 |
| 1:23.69 | 1:12.69 | 65 | 13 – 14 100 Back | 66 | 1:08.29 | 1:18.99 |
| 1:22.29 | 1:10.79 | 67 | 15 – 16 100 Back | 68 | 1:04.69 | 1:15.49 |
| 1:19.49 | 1:09.59 | 69 | 17 – 18 100 Back | 70 | 1:02.89 | 1:14.39 |
| 49.99 | 43.99 | 71 | 8 & U 50 Free | 72 | 43.99 | 49.99 |
| 1:30.89 | 1:21.09 | 73 | 9 – 10 100 Free | 74 | 1:19.39 | 1:32.19 |
| 1:18.99 | 1:08.29 | 75 | 11 – 12 100 Free | 76 | 1:06.99 | 1:16.29 |
| 1:15.49 | 1:06.29 | 77 | 13 – 14 100 Free | 78 | 1:01.59 | 1:10.79 |
| 1:14.09 | 1:04.99 | 79 | 15 – 16 100 Free | 80 | 58.69 | 1:07.39 |
| 1:13.99 | 1:04.49 | 81 | 17 – 18 100 Free | 82 | 57.69 | 1:06.39 |
| | | 83 | 8 & U 100 Medley Relay | 84 | | |
| | | 85 | 9 – 10 200 Medley Relay | 86 | | |
| | | 87 | 11 – 12 200 Medley Relay | 88 | | |
| | | 89 | 13 – 14 200 Medley Relay | 90 | | |
| | | 91 | 15 – 18 200 Medley Relay | 92 | | |

| Pacific Swimming – Hosted by Zone 1 North Short Course Championships January 23-24, 2016 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 | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| # of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____ | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | |
| Swimmer's Address | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| | | | | | | | | | | | | | |