

**ZONE 2 WINTER CHAMPIONSHIP MEET
PACIFIC SWIMMING SHORT COURSE YARD B+ MEET
January 21–22, 2023**



Enter Online: <https://ome.swimconnection.com/pc/Z220230121>

Zone 2 Challenge Team “Letter of Intent” (Initial Application): <https://zone2challenge2023.eventbrite.com/>

No Friday night set-up is permitted. The facility will open for admission at 7:00 AM on Saturday and Sunday.

SANCTION: Held under USA/Pacific Swimming Sanction No. **23-009**

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 their 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 the Meet Mobile: Swim app.**

ZONE CHALLENGE MEET SELECTION: This meet is also a SELECTION MEET for the Pacific Swimming Zone Challenge Meet on February 26, 2023 at Santa Rosa Junior College (Santa Rosa, CA). The **Zone 2 Challenge Team** will be comprised of up to eight girls and eight boys from each of four age groups (8 & under, 9–10, 11–12, 13–14) for a total of up to 64 athletes. The selection for seven athletes in each gender of each age group will be determined by the total number of points scored in the following six selection events at the Zone 2 Championship meet (January 21–22, 2023, Moraga CA):

	Selection Events					
8 & under	25 FR	100 IM	25 FL	25 BK	25 BR	50 FR
9–10	50 FR	100 IM	50 FL	50 BK	50 BR	100 FR
11–12	50 FR	200 IM	100 FL	100 BK	100 BR	100 FR
13–14	50 FR	200 IM	100 FL	100 BK	100 BR	200 FR

The eighth athlete in each gender of each age group will be a coach’s choice. The next two highest-scoring applicants in each gender of each age group will be Alternates.

To be considered for the Zone 2 Challenge Team, each applicant (or their legal guardian) must perform the following **two (2) steps**:

- a. **Enter and compete** in *at least one* of the six selection events listed in the table above at this Zone 2 Championship meet. *(Note: Competing in more selection events increases the chance of selection. Age group for Zone Challenge team selection is based on the athlete’s age on February 26, 2023)*
- b. **Complete and submit** the “Letter of Intent” (Initial Application) online no later than **Friday, January 20, 2023 at 7:00 PM OR** provide the applicant’s information at the **Zone 2 Challenge Desk** at the Zone 2 Championship meet before **Saturday, January 21, 2023 at 9:00 AM.**

Only times achieved at the 2023 Zone 2 Championship Meet will be considered for selection. Points will be scored based on the applicant's age group on February 26, 2023. More information can be found at <https://zone2challenge2023.eventbrite.com/>.

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, restrooms, or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or their designee.

MEET PERSONNEL:

Meet Referee:	<i>Peter McNamara</i>	Head Starter:	<i>Marie Lin</i>
Meet Marshal:	<i>Leslie Tanimura</i>	Admin. Official:	<i>Angela Cardenas</i>
Meet Director:	<i>Christopher Lam (zone2meetdirector@outlook.com)</i>		

LOCATION: Soda Aquatic Center at Campolindo High School. 300 Moraga Road, Moraga, California 94556.

DIRECTIONS: From CA-24 E, take exit 9 (Orinda/Moraga) and turn right onto Camino Pablo, then continue straight onto Moraga Way. In 1.3 miles, turn left onto Glorietta Blvd, then in 0.6 mi turn right onto Rheem Blvd. In 2.3 mi, turn left onto Moraga Road. In 0.6 mi, turn left onto Campolindo Drive. Campolindo Parking Lot will be on the left (700 ft). From CA-24 W, take exit 13 (Central Lafayette/Moraga). Turn right onto Deer Hill Road, then turn right onto First Street. In 0.2 miles, turn right onto Mt Diablo Blvd, then turn left onto Moraga Road. In 2.2 miles, turn right onto Campolindo Drive. Campolindo Parking Lot will be on the left (700 ft).

PARKING: Parking available at the Campolindo High School Parking Lot. On-street parking allowed on the west side of Moraga Rd and on the south side of Campolindo Drive. Local parking laws will be enforced by ticketing or towing. No parking in Carroll Ranch, where streets are privately owned. No parking where 'No Parking' or 'Permit Parking Only' signs are posted. No parking in permit-only, handicap, residential, or otherwise reserved spots without proper parking permit or placard. No overnight/RV parking allowed.

COURSE: Outdoor 25-yard pool with up to 18 lanes for competition. The minimum water depth for the shallow-end course, measured in accordance with 103.2.3 is 10 ft on the west end and 7 ft 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. A separate 25-yard warm-up pool will be available throughout the meet.

TIME: Meet begins at 9:00 AM each day. General warm-up from 7:30–8:45 AM each day. A special warm-up time for 8 & under athletes only held from 8:45–8:55 AM.

RULES:

- Current USA Swimming and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be available at the Clerk of Course.
- The local facility guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at this meet.
- All 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 MAAPP 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 up to **four (4) individual events** per day, plus relays.
- 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.
- An unattached competitor is a registered swimmer who represents no club, educational institution, or other organization.
- Relay teams shall not compete unattached. In all cases, relay teams must be composed of USA Swimming members of the same club, school, or organization which is a member of USA Swimming.
- **All coaches and deck officials must wear their USA Swimming membership card in a visible manner.**
- **Medical Assistance:** The Soda Aquatic Center is staffed by trained and certified lifeguards. Lifeguards are trained to provide basic first aid, in-water rescue/lifesaving, and CPR with AED. Sports massage therapy services will not be provided.

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 member-coach 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 must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

RESTRICTIONS:

- Smoking and use of other tobacco products is prohibited in all areas of the venue, including the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for teams and athletes, or fenced area around an outdoor pool), locker rooms, and such other areas as may be specifically designated by the host club or organization, meet director, or referee.
- Sale and use of alcoholic beverages are prohibited in all areas of the venue.
- No glass containers are allowed in the venue.
- No propane heater is permitted, except for snack bar and meet operations.
- No animals or pets are permitted in the venue, except for service animals.
- Only timer and coach shelters will be allowed on the pool deck around the sides and ends of the pool.
- 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 their 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 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 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, athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.
- Athletes must be attached to a Pacific Swimming **Zone 2 club** or be competing unattached while practicing with a Zone 2 club, pursuant to Article 203.3.

NOTE: Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Further, entry fees will *not* be refunded, and they may be referred to the Pacific Swimming Administrative Review Committee for disciplinary action.

- The 2023 Zone 2 Championship minimum time standard is the "B"-minimum USA Swimming 2021–2024 National Age Group Motivational Time for 9–10, 11–12, 13–14, and 15–18 events and is the "PC-B"-minimum Pacific Swimming 8/Under Time Standard for 8 & under events.
- Time standards can be found at <https://www.pacswim.org/swim-meet-times/standards>.
- Athletes aged 19 years or older may compete in the meet in the 15–18 age group for time-only, no awards. Such athletes must have met the standards for the 17–18 age group and may not compete in relays or score points.
- Entries with "**NO TIME**" will be **rejected**.
- 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.
- The athlete's age will be the athlete's age on the first day of the meet.

ENTRY FEE: Individual entry fee is \$4.50 per individual event plus an \$8.00 participation fee per athlete. Relay entry fee is \$9.00 per relay entry and must be paid by check accompanying the relay entry form. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

INDIVIDUAL EVENTS ENTRIES: Individual events entries will not be accepted earlier than December 17, 2022. Individual events may be entered for this meet online or by mail/hand-delivery. Online meet entry is in no way required or expected in order to enter this meet. Only club coaches may enter relays for their club.

RELAY ENTRIES: All relay entries must be submitted by the club coach or by the Zone 2 contact either online at <https://ome.swimconnection.com/pc/Z220230121> or using the attached Relay Entry form with accompanying club check for the

amount due. Make check payable to **Pacific Swimming Zone 2**. Relay entries must be postmarked on or before **Monday, January 9, 2023**, or hand-delivered before **Wednesday January 11, 2023 at 4:30 PM**. The 8 & under relay events are offered in a “Mixed Competition Category” format, permitting entries of girls, boys, mixed, or combination of competition-category relays, which will be seeded by entry time and swum together.

RELAY-ONLY ATHLETES: In order to verify athlete registration, all relay athletes who are not also entered in at least one individual event in this meet must be entered either online at <https://ome.swimconnection.com/pc/Z220230121> or on the attached “Club Relay Summary” form.

ONLINE ENTRIES: To enter online go to <https://ome.swimconnection.com/pc/Z220230121> 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 will be accepted through Wednesday, January 11, 2023 at 11:59 PM. *Late entries will not be accepted.*

MAILED OR HAND-DELIVERED ENTRIES: Entries must be on the attached Consolidated Entry Form. Forms must be filled out completely and printed clearly with the athlete’s best time. Entries must be **postmarked on or before Monday January 9, 2023**, or **hand-delivered before Wednesday January 11, 2023 at 4:30 PM**. *Late entries will not be accepted.* Request for confirmation of receipt of entries should include a self-addressed envelope.

Check payable to:
Pacific Swimming Zone 2

Mail/Hand-Deliver Entries to:
Linda Yee
c/o Sorenson Vision
3010 Colby Street, STE 114
Berkeley California 94705-2059

Hand-delivered entries accepted Monday–Friday, 8:30 AM–4:30 PM, except for lunch (12:00–1:00 PM) and holidays. *For alternative hand-delivery times, please contact the meet director.*

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 any session. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

SCRATCHES: Any athlete not reporting for or competing in an individual timed final event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the Referee immediately.

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.

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

INDIVIDUAL AWARDS: The first sixteen (16) places will be awarded for 8 & under, 9–10, 11–12, 13–14, 15–16, and 17–18 age groups. There will be individual high-point awards for the highest scoring girl and boy in each age group. Any athlete achieving a new “A” (or “PC-A”) time in an event will be awarded a standard “A” medal, regardless of place achieved in the event. There are no awards for athletes aged 19 years or older. Individual awards must be picked up at the meet. Individual awards will not be mailed or distributed after the meet.

RELAY AWARDS: There are no relay awards.

CLUB AWARDS: Clubs will be divided into three division based on the number of athletes entered in the meet. The divisions will be published with the lane-timing and number of officials requirements. The top three clubs in each division will each receive an award.

ADMISSION: Free. **No Friday night set-up is permitted.** The facility will open for admission at 7:00 AM on Saturday and Sunday. Facilities will not be provided after meet hours.

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

EVENT APPAREL: Customized event apparel by **Northwest Designs Ink, Inc.**

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be available after meet hours. Any items left outside the facility fence overnight will not be secured or guarded. Please do not leave anything overnight. Set-up will be available starting at 7:00 AM on the first day of the meet.

TIMERS AND MARSHALS: All participating clubs are expected to provide lane timers based on the number of athletes entered for each day. Club lane-timing assignments will be assigned, and coaches will be notified, during the week prior to the meet. All participating clubs are expected to provide volunteer marshals. Marshalling assignments will be assigned by the Head Meet Marshal, and the club volunteer coordinator or coach will be notified during the week prior to the meet.

MINIMUM OFFICIALS: The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, shall be fined \$100 per missing Official per day.

Number of athletes entered in meet per club per session	Number of trained and carded officials required
1–10	0
11–25	1
26–50	2
51–75	3
76–100	4
Every 20 athletes over 100	+1

EVENT SUMMARY:

Saturday
January 21, 2023

8 & under	9–10	11–12	13–14	15 & over
50 Free	100 Free	100 Free	200 Free	100 Free
25 Breast	50 Breast	100 Breast	100 Breast	100 Breast
100 IM	100 IM	200 IM	200 IM	200 IM
25 Free	50 Free	50 Free	50 Free	50 Free
100 Med Rel	200 Med Rel	200 Med Rel	200 Med Rel	200 Med Rel

Sunday
January 22, 2023

8 & under	9–10	11–12	13–14	15 & over
25 Back	50 Back	100 Back	100 Back	100 Back
25 Fly	50 Fly	100 Fly	100 Fly	100 Fly
100 Free	200 Free	200 Free	100 Free	200 Free
100 Free Rel	200 Free Rel	200 Free Rel	200 Free Rel	200 Free Rel

ORDER OF EVENTS:

Saturday January 21, 2023				Sunday January 22, 2023			
Girls Event #	Age Group	Event	Boys Event #	Girls Event #	Age Group	Event	Boys Event #
1	15 & over [†]	100 Free	2	51	15 & over [†]	100 Back	52
3	13–14	200 Free	4	53	13–14	100 Back	54
5	11–12	100 Free	6	55	11–12	100 Back	56
7	9–10	100 Free	8	57	9–10	50 Back	58
9	8 & under	50 Free	10	59	8 & under	25 Back	60
11	15 & over [†]	100 Breast	12	61	15 & over [†]	100 Fly	62
13	13–14	100 Breast	14	63	13–14	100 Fly	64
15	11–12	100 Breast	16	65	11–12	100 Fly	66
17	9–10	50 Breast	18	67	9–10	50 Fly	68
19	8 & under	25 Breast	20	69	8 & under	25 Fly	70
21	15 & over [†]	200 IM	22	71	15 & over [†]	200 Free	72
23	13–14	200 IM	24	73	13–14	100 Free	74
25	11–12	200 IM	26	75	11–12	200 Free	76
27	9–10	100 IM	28	77	9–10	200 Free	78
29	8 & under	100 IM	30	79	8 & under	100 Free	80
31	15 & over [†]	50 Free	32	81	15–18 [†]	200 Free Rel	82
33	13–14	50 Free	34	83	13–14	200 Free Rel	84
35	11–12	50 Free	36	85	11–12	200 Free Rel	86
37	9–10	50 Free	38	87	9–10	200 Free Rel	88
39	8 & under	25 Free	40	89 [‡]	8 & under	100 Free Rel Comb.	89 [‡]
41	15–18 [†]	200 Med Rel	42				
43	13–14	200 Med Rel	44				
45	11–12	200 Med Rel	46				
47	9–10	200 Med Rel	48				
49 [‡]	8 & under	100 Med Rel Comb.	49 [‡]				

† 15 & over events are awarded as 15–16 and 17–18. There are no awards for post age-group athletes (aged 19 years or older). Post age-group athletes may compete in the 15–18 age group events, except for relays, and must have met the time standard for 17–18 age group for that event.

‡ 8 & under relay events (i.e., Events 49 and 89) are offered in a “combined” format. 8 & under relay teams can be composed of girls, boys, or mixed relays, which will be seeded by entry time and swum together.

The 2023 Zone 2 Championship minimum time standard is the “B”-minimum USA Swimming 2021–2024 National Age Group Motivational Time for 9–10, 11–12, 13–14, and 15 & over events and is the “PC-B”-minimum Pacific Swimming 8/Under Time Standard for 8 & under events.

Time standards can be found at: <https://www.pacswim.org/swim-meet-times/standards>



Relay Entry Form. Write the entry time for each relay team. Use additional page(s) as necessary if entering more than six relays for an event.
 Enter relay-only athletes on the preceding "Relay-Only Athletes" entry table to ensure their registration verified.

Event #	AG - Gender	Event Desc.	A	B	C	D	E	F	Entries # per event
41	15-18 Girls	200 Med. Relay							
42	15-18 Boys	200 Med. Relay							
43	13-14 Girls	200 Med. Relay							
44	13-14 Boys	200 Med. Relay							
45	11-12 Girls	200 Med. Relay							
46	11-12 Boys	200 Med. Relay							
47	9-10 Girls	200 Med. Relay							
48	9-10 Boys	200 Med. Relay							
49	8 & under Comb.	200 Med. Relay							
81	15-18 Girls	200 Free Relay							
82	15-18 Boys	200 Free Relay							
83	13-14 Girls	200 Free Relay							
84	13-14 Boys	200 Free Relay							
85	11-12 Girls	200 Free Relay							
86	11-12 Boys	200 Free Relay							
87	9-10 Girls	200 Free Relay							
88	9-10 Boys	200 Free Relay							
89	8 & under Comb.	100 Free Relay							

Held under the sanction of USA/Pacific Swimming

Club Abbrev.		Total # Club Entries	
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Consolidated Entry Form

Pacific Swimming – Hosted by Zone 2 2023 Zone 2 Short Course Championship Meet January 21–22, 2023 <i>Held under the sanction of USA/Pacific Swimming</i>													
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				
# Entries _____ × \$4.50 = \$ _____ Participation Fee + _____ \$8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													