

**PEGGY RAMIREZ MEMORIAL ZONE 3 WINTER CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE MEET
JANUARY 20-21, 2024**



Enter Online: <http://ome.fastswims.com>

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-008**

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 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 on Meet Mobile.**

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:
Meet Referee: Bill Sargis **Head Starter:** Andy Downs
Meet Marshal: Kelly Birkland **Admin Official:** Barbarie Gonzalez
Meet Director: Ashley Denize srnashleybritton@gmail.com

LOCATION: Quinn Swim Center. Kathryn Kettler Pool: 1501 Mendocino Avenue, Santa Rosa, CA 95401

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.

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An addition 9 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 8'0" at the start end and 8'0" at the turn end. The meet host shall ensure required course dimensions.

TIME: Meet will begin at **9:00 AM** each day with warm-ups from **7:30 to 8:45 AM** each day. 2 lanes in the competition pool will be reserved for 8 & UN athletes from 8:20-8:45 AM on Saturday and Sunday.

- 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.
 - The local facilities 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 **MAXIMUM 3** events per day.
 - All Athletes ages 12 and under should complete competition within four (4) hours.
 - Entries will be accepted until the number of splashes exceeds the estimated timeline, per the “Four-Hour Rule,” based on the Athletes 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 made for any mandatory scratches.
 - Events may be combined in the discretion of the Meet Referee
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
 - **Lifeguards and AED will be available to participants**

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.
 - No blocking pedestrian walkways or emergency vehicle roadways, doorways and pathways with team set up.
 - Parking permits are required on both Saturday and Sunday.

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.
- The meet is open to qualified athletes that are members of Zone 3 Clubs only. Athletes who are unattached but training with a Zone 3 Club are eligible to compete.

- Athletes must have an official USA Swimming time to participate in the meet except in 50 yard bonus events.
- Coach verified times will be REJECTED.
- Entries with **"NO TIME" will be REJECTED EXCEPT IN 50 YARD BONUS EVENTS**
- 9 & OV athletes are eligible to add bonus events.
- Maximum 2 bonus events are allowed to be entered in the 50 yard events only.
- 13 and OVER 100 IM will be seeded using 200 IM entry times.
- 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.
- 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: \$4.50 per event plus an \$10.00 SCY 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. Relays - \$9.00 per relay and paid at the Clerk of Course. Check made out to Neptune Swimming.

ONLINE ENTRIES: FASTSWIMS: To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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 10, 2024**.

RELAY ENTRIES: Relay entries are to be emailed to Ashley Denize (srnashleybritton@gmail.com) before the meet or delivered to the clerk of course no later than 8:00 AM Saturday and Sunday. **Relay only athletes will be accepted.** All relays will be scored.

- Saturday Relays: 49 Free Relay - The sum of the Athlete's ages within the relay must equal or be less than 49.
- Sunday Relays: Mixed Gender Relay – 10un, 11-12y, 13-14y, 15 & OV.

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 8, 2024** or hand delivered by 6:30 p.m. Wednesday, **January 10, 2024**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Neptune Swimming

Mail entries to: Ashley Denize

PO Box 317

Santa Rosa, CA 95402

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

SCRATCHES: The meet will be preseeded. Scratches will be accepted until Thursday, January 18, 2024 by 5PM. Scratches shall be submitted through a Google Form that will be emailed out to all participants, by coaches or by email to Meet Director (srnashleybritton@gmail.com). Any athletes who no show all events on Saturday, with out scratching prior, will not be seeded in Sunday's events. To swim on Sunday's events, no show athletes must check in with the Clerk of Course by 8:00 AM and will be added into any empty lanes in Sunday's events. Events will not be reseeded.

AWARDS: Awards will be given to the coach or club representative at the conclusion of the meet. Ribbons for 1st -8th in the following age groups 8U, 9-10, 11-12, 13-14. No awards will be distributed to 15 and over athletes. Relays- ribbons 1st - 3rd. No awards will be distributed to 15 and over relays. Club trophies 1st, 2nd, and 3rd place teams. High Point Awards will be award for the following age groups: 8UN, 9-10y, 11-12y, 13-14y.

SCORING: Individual Events – 8 - lane pools: 9-7-6-5-4-3-2-1. Relays – 18-14-12-10-8-6-4-2.

10 and under events will be swum together and be scored as 8un and 9-10. 12 and under events will be swum together and be scored as 8un, 9-10, 11-12. 15 and over events will be swum together and scored as 15-18 year olds. **19 year olds will not score points.**

ADMISSION: Free.

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

MISCELLANEOUS: No overnight parking is allowed. 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 Athletes entered in session	Trained and carded Officials requested
1-10	1
11-25	2
26-50	3
51-75	4
76-100	5

NOTE: 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 Carded Trainees in the count of officials.. Clubs may use officials “borrowed” from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

Events Summary									
Saturday					Sunday				
8 & UN	10 & UN	11-12	13-14	15 & OV	8 & UN	10 & UN	11-12	13-14	15 & OV
49er Free Relay	49er Free Relay	49er Free Relay	49er Free Relay	49er Free Relay	200 Mixed Relay	200 Mixed Relay	200 Mixed Relay	200 Mixed Relay	200 Mixed Relay
200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle	100 IM	100 IM	100 IM	100 IM	100 IM
25 Backstroke	50 Backstroke	50 Backstroke	50 Backstroke	50 Backstroke	100 Butterfly	100 Butterfly	100 Butterfly	100 Butterfly	100 Butterfly
100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke	25 Breaststroke	50 Breaststroke	50 Breaststroke	50 Breaststroke	50 Breaststroke
100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle	100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke
25 Butterfly	50 Butterfly	50 Butterfly	50 Butterfly	50 Butterfly	25 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle

Saturday, January 20, 2024

Meet Starts at 9:00 AM

Women's Event #	Min. Standard	Age Group	Event	Min. Standard	Men's Event #
101			200 Free 49er Relay		102
103	2:21.59	13-14	200 Freestyle	2:12.49	104
105	2:19.29	15 & OV	200 Freestyle	2:06.79	106
107	2:39.99	12 & UN	200 Freestyle	2:39.99	108
109		15 & OV	50 Backstroke		110
111		13-14	50 Backstroke		112
113	:40.89	11-12	50 Backstroke	:40.89	114
115	:54.99	10 & UN	50 Backstroke	:54.99	116
117	No STD*	8 & UN	25 Backstroke	No STD*	118
119	1:21.89	15 & OV	100 Breaststroke	1:15.49	120
121	1:28.19	13-14	100 Breaststroke	1:21.29	122
123	1:38.59	12 & UN	100 Breaststroke	1:38.59	124
125	1:04.29	15 & OV	100 Freestyle	:58.19	126
127	1:05.69	13-14	100 Freestyle	1:00.89	128
129	1:13.99	11-12	100 Freestyle	1:13.99	130
131	1:43.99	10 & UN	100 Freestyle	1:42.99	132
133		15 & OV	50 Butterfly		134
135		13-14	50 Butterfly		136
137	:39.69	11-12	50 Butterfly	:39.69	138
139	:54.99	10 & UN	50 Butterfly	:54.99	140
141	No STD*	8 & UN	25 Butterfly	No STD*	142

Sunday, January 21, 2024

Meet Starts at 9:00 AM

Women's Event #	Min. Standard	Age Group	Event	Min. Standard	Men's Event #
201		15 & OV	Mixed 200 Medley Relay		
202		13-14	Mixed 200 Medley Relay		
203		11-12	200 Mixed Medley Relay		
204		10 & UN	200 Mixed Medley Relay		
205	2:42.59	15 & OV	100 IM^	2:34.29	206
207	2:47.39	13-14	100 IM^	2:39.99	208
209	1:27.49	11-12	100 IM	1:27.49	210
211	1:56.99	10 & UN	100 IM	1:56.99	212
213	1:10.89	15 & OV	100 Butterfly	1:06.19	214
215	1:16.39	13-14	100 Butterfly	1:11.29	216
217	1:24.39	12 & UN	100 Butterfly	1:22.89	218
219		15 & OV	50 Breaststroke		220
221		13-14	50 Breaststroke		222
223	:46.19	11-12	50 Breaststroke	1:08.69	224
225	:59.99	10 & UN	50 Breaststroke	:59.99	226
227	No STD*	8 & UN	25 Breaststroke	No STD*	228
229	1:11.39	15 & OV	100 Backstroke	1:06.79	230
231	1:16.89	13-14	100 Backstroke	1:11.89	232
233	1:27.99	12 & UN	100 Backstroke	1:27.99	234
235	:29.59	15 & OV	50 Freestyle	:26.59	236
237	:30.29	13-14	50 Freestyle	:27.59	238
239	:32.99	11-12	50 Freestyle	32.99	240
241	:44.99	10 & UN	50 Freestyle	:44.99	242
243	No STD*	8 & UN	25 Freestyle	No STD*	244

* NT will not be accepted

^ 200 IM time will be used for entry time

50 of stroke for 13 & OV can be used as bonus events only

49er relay – ages of athletes competing must be equal to or less than the total 49

Pacific Swimming
 SHORT COURSE ZONE 3 CHAMPIONSHIPS
 JANUARY 20-21, 2024
 Consolidated Entry Form

Name: Last	First	Middle
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Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#														
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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 \$4.50 = \$ _____
Participation Fee \$ 10.00
Total \$ _____

Coach

Athlete's Address

Home Phone	Cell Phone
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Email
